



Highland Community College Course Syllabus

I. COURSE NUMBER AND TITLE:

- A. P.E 222/Lecture/01 Theory of Coaching Football
- B. Prerequisite: None
- C. Credit Hours: 2

II. DEPARTMENT: Physical Education & Social Science

III. COURSE DESCRIPTION:

The class will be directed to give the student an overall understanding of what and how the game is football is played beyond the viewers eyes. The class will look at the different theories of coaching from the offensive, defensive, and special team's standpoints and how they have changed dramatically over the past years. In addition, we will look at developing ones own philosophy's of coaching while using many different tools to develop which techniques work best for the individual coach.

IV. COURSE COMPETENCIES:

Theory of coaching football will allow the student to understand, (1) a variety of different offensive, defensive and special teams schemes used today by college coaches within a college program; (2) the ability to relate, learn and demonstrate many different skills related to football; & (3) develop one's own coaching philosophy related to an entire football system which would enable one to coach a football team. The Internet will be utilized to relate the above tasks and to show the vast about of information one could find using it.

V. ASSESSMENT ITEMS:

- 1 Attendance
- 2 Participation/Discussion
- 3 Class Assignments
- 4 Class Notes
- 5 Test(s)

VI. COURSE CONTENT:

- 1 History of Football/Rules & Regulations/General Defensive Introduction
- 2 General Offensive Introduction
- 3 Defensive Line
- 4 Offensive Line/ Tightends
- 5 Defensive Linebackers/Rush Ends
- 6 Offensive Quarterbacks/Running Backs
- 7 Defensive Secondary
- 8 Offensive Receivers
- 9 Special Teams/WrapUp/Final

VII. METHOD OF INSTRUCTION:

- 1 Theismann, J., Tarcy, B. (1997). The Complete Idiot's Guide To Understanding Football Like A Pro. New York, NY: Alpha Books Publishing
- 2 Long, H., Czarnecki, J. (1998). Football For Dummies. New York, NY: Hungry Minds, Inc. Publishing
- 3 Lecture, Video, Discussions, Demonstrations

Guidelines for Requesting Accommodation Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to selfidentify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

OnCampus Students : At enrollment all on campus students will complete a form which will allow them to selfidentify any disability. Questions should be directed to the Disabilities Coordinator.

OffCampus Regional Students: Selfidentify your disability and accommodation needs with the Coordinator and/or instructor preferably prior to the first night of class or early in the semester.

Revised Fall 2005