

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 210 Professional Preparation for Football

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future. *May be taken four times.* CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. identify , and evaluate football skills.
2. analyze offensive and defensive tactics and utilize strategies.
3. apply fundamental football skills and techniques.
4. apply principles of acquired professional preparation for football skills.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Introduction
2. Football procedures
3. Offensive philosophy
4. Offensive terminology
5. Defensive procedures
6. Defensive terminology
7. Offensive fundamentals
8. Offensive techniques
9. Defensive fundamentals
10. Defensive techniques
11. Man coverage
 - a. Press techniques
 - b. 900 passing game
 - c. Zone defense
 - d. 700-800 drop back combinations
 - e. Cover 2
 - f. Cover 5
12. Skills test evaluation
 - a. Strength
 - b. Flexibility
 - c. Endurance
 - d. Speed
13. Introduction to 7 on 7 principles
 - a. Introduction to california prevent
 - b. Coverages 3-2
 - c. 7 on 7 skeleton
 - d. Introduction to florida prevent
 - e. Coverages 1-5, 7 on 7 skeleton
 - f. Introduction to action passes
 - g. 1 on 1 and 7 on 7 skeleton
 - h. Route adjustments vs cover 2-3
 - i. Sight adjustment vs cover 1
 - j. Route adjustments vs cover 5
 - k. Sight adjustments and automatics vs zone and man
 - l. Disco secondary coverages
 - m. Motion adjustments
 - n. screens
 - o. draws
 - p. specials
14. Final Evaluations

REQUIRED READING:

Instructor generated handouts on: practice schedules, scouting reports, player evaluations, pregame preparations, game strategies and community relations.

SUGGESTED READING:

National Collegiate Athletic Association. NCAA Football Rule Book.
Mission, KA: National Collegiate Athletic Association, 2001.

REQUIRED WRITING:

1. Observation report of a video taped football game (minimum of two pages.)
2. Daily practice schedule for one week(one page in length.)
3. Develop an offensive and defensive game plan (one page in length.)

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, lecture notes, and text. Prepare writing assignment, practice skills and study for exams

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation/attendance	50%
Written reports	25%
Skill evaluation	25%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON: Thomas Craft Extension 2483

SIGNATURES ON FILE