Modesto Junior College
Course Outline of Record

PE 102

I. OVERVIEW
The following information will appear in the 2009 - 2010 catalog

PE-102 Offensive Football Theory 2 Units
An analysis of offensive position and team play. Critical analysis of offensive techniques, rules, physical and mental training procedures, and film evaluation. Course is repeatable - three completions allowed. Field trips are not required. Course is applicable to the associate degree.

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

   a. Offensive football approaches and philosophies
   b. Offensive skills
      i. Run blocking schemes
      ii. Pass protection schemes
      iii. Skill positions steps and patterns of play
      iv. Ball handling
      v. Blocking
   c. Terminology
      i. Offensive positions terminology
      ii. Formation terminology
   d. Offensive techniques to form schemes and patterns of play
   e. Combined techniques to form schemes and patterns of play
   f. Video analysis
      i. Offensive execution
      ii. Defensive execution
      iii. Potential of opposing defenses
         a. Recognition of type of defense
a. strengths

b. weaknesses

b. Recognition of key defensive players

iv. Review and correct offensive patterns of play

g. Mental training techniques

i. Visualization

ii. Mental rehearsal

h. Analysis of defensive scouting reports

i. Development and reinforcement of personnel strengths

j. Physical training concepts

2. Required Lab Content:

a. Application of skills and patterns of play via mock game situations

b. Execution of proper tactics and strategy during the course of the class

B. HOURS AND UNITS

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<tr>
<th>INST METHOD</th>
<th>TERM HOURS</th>
<th>UNITS</th>
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<tbody>
<tr>
<td>Lect</td>
<td>18.00</td>
<td>1.00</td>
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<tr>
<td>Lab</td>
<td>54.00</td>
<td>1.00</td>
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C. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Demonstration and description of skills

2. Lecture

3. Group interaction between peers and instructor

4. Videotape review

5. Cooperative learning through small group discussion and evaluation.

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS

Time spent on coursework in addition to hours of instruction (lecture hours)
a. Daily video analysis to appraise the performance of opponents and develop game techniques to be utilized.

b. Weekly evaluation of performance and potential through video analysis and demonstrations.

2. **EVIDENCE OF CRITICAL THINKING**
   
   *Assignments require the appropriate level of critical thinking*

   a. Develop and demonstrate proper tactics in the run game versus various defenses.

   b. Identify and demonstrate proper strategy in the passing game versus various pass coverages.

E. **TEXTS AND OTHER READINGS (TYPICAL)**


III. **DESIRED LEARNING**

A. **COURSE GOAL**

   *As a result of satisfactory completion of this course, the student should be prepared to:*

   Organize the skills necessary to perform on the offensive portion of a football team. The student should be able to relate the terminology used in describing offensive positions, formations and techniques, and select the proper skills and tactics to be an effective member of a football offense.

B. **STUDENT LEARNING GOALS**

   *Mastery of the following learning goals will enable the student to achieve the overall course goal.*

   1. **Required Learning Goals**

      *Upon satisfactory completion of this course, the student will be able to:*

      a. Organize the skills necessary to compete in the offensive portion of competitive football.

      b. Relate the terminology used in describing offensive positions, formations and techniques.

      c. Relate and select the proper skills necessary to be effective member of an offense.

      d. Use video analysis to assess the potential of opposing defenses.

      e. Use video to explore mental training techniques in order to enhance performance.

      f. Apply skills and patterns of play by developing scouting reports of the defensive potential of opposing teams.

      g. Appraise practical applications of physical training.

      h. Organize the skills and tactics necessary to be effective offensive memeber of a football team

      i. apply skills and patterns of play by developing scouting reports of the defensive potential of opposing teams.

   2. **Lab Learning Goals**

      *Upon satisfactory completion of the lab portion of this course, the student will be able to:*

      a. Daily video analysis to appraise the performance of opponents and develop game techniques to be utilized.

      b. Weekly evaluation of performance and potential through video analysis and demonstrations.
a. relate and select the proper skills and tactics necessary to be an effective member of a football offense

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Participation
   2. Pre test of knowledge of offensive football strategy
   3. Written tests

B. SUMMATIVE ASSESSMENT
   1. Participation
   2. Post test of knowledge of offensive football strategy
   3. Self evaluation
   4. Written tests