I. **OVERVIEW**

The following information will appear in the 2009 - 2010 catalog

**PE 105**  
**Defensive Football Theory**  
2 Units  
An analysis of defensive position and team play. Critical analysis of defensive techniques, rules, physical and mental training, and film evaluation.

Field trips are not required. **Units/Hours:** 2.00 Units: Lecture - 18.00 hours  Lab - 54.00 hours  
**Grading:** A-F or P/NP - Student choice  
**Transfer:** CSU, UC

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. Explanation, organization and development of various defensive football

   b. Approaches and philosophies

      i. Defensive skills

      ii. Block protection

      iii. Gap control

      iv. Force and containment duties

      v. Pass coverage schemes and individual techniques

   c. Terminology

      i. Development of a lexicon for description of offensive and defensive positions and responsibilities

   d. Defensive skills

      i. Proper reads or keys

      ii. Physical contact fundamentals

      iii. Recognition of offensive formations and probable patterns of play

      iv. Recognition of key offensive performers

   e. Mental Training

      i. Video analysis

      ii. Visualization
iii. Mental rehearsal
iv. Review and correction

f. Scouting Reports
   i. Application of skills and patterns of play
   ii. Assess opposing team's strengths and weaknesses

g. Physical training
   i. Practical applications
   ii. Identification of skills inherent to football

2. **Required Lab Content:**
   a. Application of daily theory by active movement of student

B. **HOURS AND UNITS**

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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 teacher and student
4. Videotape review
5. Cooperative learning through small group discussion and evaluation
6. Group presentations

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   
   Time spent on coursework in addition to hours of instruction (lecture hours)
   
   a. Develop the ability to evaluate own potential via daily small group interactions and demonstrations.
   
   b. Appraise the performance of others through daily individual and group presentations by video analysis.
2. **EVIDENCE OF CRITICAL THINKING**
   Assignments require the appropriate level of critical thinking
   
   a. Identify proper tactics to utilize in the run game versus various offensive sets.
   
   b. Develop proper strategy in the passing game versus various passing combinations.

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:
   
   assemble the skills necessary to compete in the defensive portion of collegiate football. These skills include knowledge and use of defensive terminology, use of video analysis to assess opposing offenses, development of scouting reports, and selection of skills necessary to be effective as a member of the defensive unit of a football team.

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. Assemble those skills necessary to compete in the defensive portion of competitive football.
      
      b. Relate the terminology used in defensive football.
      
      c. Select skills necessary to be an effective member of the defensive portion of the football team.
      
      d. Use of video analysis to assess the potential of opposing defenses.
      
      e. Use video analysis to learn mental training techniques to enhance performance.
      
      f. Analyze skills and patterns of play by developing scouting reports of offensive potential of opposing teams.
      
      g. Appraise practical applications of physical training.
      
   2. **Lab Learning Goals**
      Upon satisfactory completion of the lab portion of this course, the student will be able to:
      
      a. Identify and utilize practical applications of physical training inherit to football.

IV. **METHODS OF ASSESSMENT (TYPICAL)**

A. **FORMATIVE ASSESSMENT**
   1. Pre-testing
2. Participation
3. Written tests
4. Film analysis

B. **SUMMATIVE ASSESSMENT**
1. Pre-and post-testing of knowledge of defensive football strategy
2. Self evaluation
3. Written tests
4. Participation