I. **OVERVIEW**

The following information will appear in the 2009 - 2010 catalog

**PE-116 Football Team Play Concepts** 2 Units

*Also offered as:* PE - 116: Football Team Play Concepts

Essential concepts of team-building in football. Goal-setting and development of individual roles. Exploration of team communication processes and activation of leadership of the successful football team. Provides both the participant and the future mentor specialized exposure for an in-depth survey of team building in regard to the sport of football. Field trips might be 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. The stages of team development
      
      i. forming
      
      ii. stroming
      
      iii. norming
      
      iv. performing

   b. Common characteristics and attitudes of successful teams
      
      i. common goal
      
      ii. team commitment
      
      iii. role acceptance
      
      iv. sincere and timely communication
      
      v. constructive conflict

   c. Qualities of empowerment and owership
      
      i. communication
      
      ii. team input
      
      iii. team and individual accountability
d. Stages of team and individual self-image
   i. resistant
   ii. reluctant
   iii. existent
   iv. compliant
   v. committed
   vi. compelled

e. Leadership models
   i. coaching staff
   ii. captains
   iii. team council
   iv. team meetings
   v. support staff input

f. Team goal settings
   i. mission statements
   ii. process goals
   iii. spirit goals
   iv. outcome goals

g. Motivation
   i. internal
   ii. external

h. Game situations
   i. simulated role playing
   ii. situational practice
      a. conflict
      b. cooperation
      c. team unity
2. **Required Lab Content:**

   a. mock game situations
      
      i. role playing

   ii. conflict resolution

   iii. risk management procedures

   iv. role rehearsals

B. **HOURS AND UNITS**

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<th>INST METHOD</th>
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<th>UNITS</th>
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<tr>
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<tr>
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C. **METHODS OF INSTRUCTION (TYPICAL)**

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

1. lecture

2. audio-visual presentations

3. group interactons within class among students and instructor

4. discussion

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**

   *Time spent on coursework in addition to hours of instruction (lecture hours)*

   a. Students are required to evaluate their personal capacity to perform the skills necessary to be a member of an intercollegiate football team

   b. Each student will assess their performance of acquired skills and strategies identified in class.

   c. Students will identify select and evaluate strategies that will be used to establish a personal training program.

   d. Students will review film game video and analyze the compiled information to determine methods of improvement for skills and techniques and strategies.
2. **EVIDENCE OF CRITICAL THINKING**
   *Assignments require the appropriate level of critical thinking*
   
a. weekly homework and in class assignments
   
i. review of video
   
ii. written self-evaluations, goals, learning style, coachability,
   
iii. synthesis of new game plans, responsibilities and general information as it pertains to being part of a football team
   
iv. daily skill rehearsal

E. **TEXTS AND OTHER READINGS (TYPICAL)**
   
1. Other: no text required

III. **DESIRED LEARNING**

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

   Develop a personal philosophy regarding the proper concepts of football team membership

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. analyze and organize essential concepts regarding a football team's cohesive development

      b. utilize acquired knowledge and skills in competing in a football team setting

      c. demonstrate the ability to perform as a member of a football team

   2. **Lab Learning Goals**
      *Upon satisfactory completion of the lab portion of this course, the student will be able to:*

      a. utilize acquired knowledge and skills in competing in a football team setting.

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

A. **FORMATIVE ASSESSMENT**

   1. Instructor assessment of student's concepts and strategies of team processes and communications

   2. Participation frequency and demonstration of ability to perform as a member of a football team

   3. Pre-test and post-test result for comparison of performance
B. SUMMATIVE ASSESSMENT

1. Instructor assessment of student's concepts and strategies of team processes and communications.
2. Participation frequency and demonstration of ability to perform as a member of a football team.
3. Post test results