

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 2188

NUMBER OF CREDITS: 2

Lecture: 2 Lab: 0 OJT: 0

### Course Title:

Football Theory and Coaching

### Catalog Description:

Football Theory and Coaching covers the guidelines of the State and National High School League rules including rules interpretation, game technique, and casebook studies. Course will also cover the coaching aspects of football, game tactics, scouting, recruiting, team goals, and methods of conducting practice, student academic concerns, and managing players at both the high school and college settings.

### Prerequisites or Necessary Entry Skills/Knowledge:

None

### FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

### Topics to be Covered

Teaching/Coaching fundamental skills

Teaching/Coaching fundamental skills Understanding of scoring and statistics and how to compile and evaluate through computation.

Working and communicating with officials, parents, media and student athletes.

Equipment/Field inspection for safety and replacement

Field set-up/cleanup for competitions and practice

History and future of the sport

Practice and Game planning

## Student Learning Outcomes

Describe and explain the fundamental skills as it relates to football.

Demonstrate and explain the proper way to score and compile statistics, and breakdown film for the game of football.

Describe and prepare practice plans along with game planning as they relate to football.

Describe and explain the proper procedures for field maintenance and game/practice set up.

Demonstrate the ability to trouble shoot and correct any safety issue as they relate to equipment and facilities.

Define, describe, and explain the rules and the mechanics as they pertain to the game of football.

Demonstrate an understanding of related study areas such as motor learning, sport psychology, and sport sociology as they relate to coaching.

Describe and demonstrate to construct and manage practice based according to age and skill level of athletes.

**Is this course part of a transfer pathway: Yes  No**

**\*If yes, please list the competencies below**

Revised Date: 12/11/2020