

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** P.E. 102 **TITLE:** Theory of Offensive Football
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
3. **COURSE DESCRIPTIONS:**
Catalog Description:
Current concepts of offense are examined using game footage, practices, and computer assisted analysis. Concepts are examined and applied to attack opponent's offensive strategies. Strategy, techniques, game rules, developmental drills, strength and conditioning programs are covered. This is NOT an activity class.
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
Upon successful completion of this course, a student will meet the following outcomes:
 1. Diagram various offensive formations.
 2. Diagram examples of variations of a play when used against opponent's formations.
 3. Write a game plan; write a calendar of offensive activities for the week.
 4. Define and recognize special situations.
 5. List the most common defensive formations and strengths and weaknesses of each.
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
Upon successful completion of this course, a student will be able to:
 1. Diagram various offensive formations.
 2. Diagram examples of variations of a play when used against opponent's formations.
 3. Write a game plan; write a calendar of offensive activities for the week.
 4. Define and recognize special situations.
 5. List the most common defensive formations and strengths and weaknesses of each.
6. **COURSE CONTENT:**
Lecture Content:
 1. General Theory of Offense
 - A. Comprehensive Offensive Plan
 - B. Practice Time Schedule
 - C. Situational Analysis
 2. Analysis of Offensive Football
 - A. General Philosophy
 - B. Formations
 - C. Selection of Personnel
 - D. Skills and Techniques
 3. Terminology and Play Calling System
 - A. Effective Communication
 - B. Detailed Identification of each position
 - C. Ability to make and understand audibles
 4. Installation and Game Planning
 - A. Season long installation schedule
 - B. Weekly offense
 - C. plan
 - D. Creation of scouting report and game plan
 - E. Organization of drills and group segments
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
Typical methods of instruction may include:
 - A. Lecture
 - B. Directed Study

- C. Discussion
- D. Other (Specify): Lecture and demonstration aided by video of actual games and practices. Individual students will present situations and solutions at the chalk board, group discussions, student presentations on selected topics.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. Students required to provide written analysis of offensive game plan devised for upcoming game.
- B. Students required to provide written analysis of opponents strengths and weaknesses as per scouting film analysis.
- C. Students required to provide written analysis of mistakes made from previous week (corrections) through video analysis.

Reading Assignments:

- A. Instructor generated hand-outs pertaining to scouting reports on upcoming opponent.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Oral Presentation
- F. Quizzes
- G. The student will be evaluated on the basis of responses to discussion topics, written assignments, quizzes, and exams.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Mallory, Bill, Nehlen, Don. *Football Offenses and Plays*, 3rd ed. Champaign, Ill: Human Kinetics, 2011
- B. Hargitt, R.. *The RPO Bible: Offensive Game Planning and Play Calling in the Age of the RPO*, ed. Coaches Choice, 2020

Other:

- A. Instructor generated handouts and DVD's, CO's and videos will be used to supplement instructional materials.

Origination Date: November 2021

Curriculum Committee Approval Date: January 2022

Effective Term: Fall 2022

Course Originator: Timothy Tulloch