

PEHR 1290: Intercollegiate Men's Football Syllabus, Fall 2006

- Instructor:** Ron Haun
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Office location: Hansen Stadium
Office Hours: Daily 11:00 a.m.
- Course Credits:** 1.0
Location of Class: Hansen Stadium
Beginning/Ending Date: August 22, 2006 through December 15, 2006
Meeting Times for Class: Daily 3:00 – 5:30 p.m.
- Pre- or Co- requisites:** PEHR 1770 is a corequisite: Body Conditioning
The student must enroll in the 1770 section corresponding with the Intercollegiate Sport.
- Textbook for Class:** None

Course Description: This course is designed for the individual who is officially on the Dixie State football roster. Emphasis will be placed on the student being at practice, chalk talk and film sessions. The student will closely work with their position coach in learning the Dixie State football system. They will work on the various football fundamentals and techniques that are required to play intercollegiate football.

Department and Course Objectives:

- I. PEHR Objectives:**
- a. Enhance development of physical, mental, social, and emotional well-being through physical education;
 - b. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
 - c. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
 - d. Demonstrate an understanding of physiology that promotes safety in physical exercise;
 - e. Develop a fitness plan pertinent to the physical activity of the course, as applicable.
- II. Course Objectives:**
- a. The student will develop a philosophy of offensive and defensive football.
 - b. The student will gain an understanding of various team responsibilities and team organization procedures.
 - c. The student will become acquainted with a variety of coaching methods, techniques and philosophies.

- d. The student will learn the importance of planning and scheduling of meetings, Practices, games and their responsibility in assuring these will be carried out.
- e. The student will learn the importance of sportsmanship and interacting with others.
- f. The student will be given an opportunity to develop leadership abilities

Grading Criteria

I.	Attendance	Number of practices	5 X 10 = 50
II.	Skill Development	Number of skills	3 X 10 = 30
III.	Effort	Effort in practice	1 X 10 = 10
IV.	Competition	Performance in games	1 X 10 = 10

Final grade determined by following percentages:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = Below 60%

Institutional and Class Policies

- I. Academic Integrity- Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal. You will be notified of your withdrawal in this way:
 - a. A verbal request to comply with behavioral expectations of the class.
 - b. On written 'warning' letting you know that you have not made the required behavioral Change
 - c. **Withdrawal:** If you decide to drop the class, it is up to you to turn in a drop card to the registrar to make sure you are off the enrollment list for the class. Final day to withdraw is November 17th. Last day to drop class is September 27th.
 - d. Student Support Services- If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.
 - e. Library Services- If you need help from a librarian, access this site:
<http://library.dixie.edu/>
 - f. SAAC- The Student Athlete Advisory Committee is set up to serve the athlete in the case that there is a misunderstanding or grievance concerning scholarship or

eligibility determination. Student athletes should report such difficulties to Tim Eicher, Faculty Athletics Representative, who will convene a meeting of the SAAC if deemed appropriate.

- g. Writing help- If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center. You can also reach the Online Writing Center by going to the DSC home page (www.dixie.edu), pointing to 'Academics', and on the pop-up menu, clicking on Online Writing Lab. The direct URL to this site is <http://dsc.dixie.edu/owl/>

OUTLINE FOR PEHR 1290

DIXIE STATE FOOTBALL - DAILY PRACTICE SCHEDULE

2:00 p.m.	CHALK TALK/FILM
3:00 p.m.	STRETCH
3:10 p.m.	TEAM DEF/PURSUIT OFF/SCREENS
3:15 p.m.	INDIVIDUAL SKILL PERIOD ONE
3:25 p.m.	INDIVIDUAL SKILL PERIOD TWO (DEF 5 MIN)
3:30 p.m.	DEFENSIVE GROUP ONE - 9 ON 9 VS SCOUTS DB'S IND
3:35 p.m.	OFFENSIVE GROUP ONE - 9 ON 9 VS SCOUTS WR'S IND
3:40 p.m.	WR'S VS DB'S - ONE ON ONE PASS ROUTES
3:50 p.m.	GROUP TWO - 7 ON 7 (1 vs 1) OL/DL 1 ON 1
4:00 p.m.	GROUP THREE 7 ON 7 VS SCOUT TEAM
4:15 p.m.	OFFENSE TEAM VS BLITZ
4:20 p.m.	DEFENSE TEAM VS BLITZ
4:25 p.m.	OFFENSE TEAM SITUATIONS
4:35 p.m.	TEAM
4:50 p.m.	SPECIAL TEAMS
5:00 p.m.	OFF THE FIELD

