

Student Learning Outcomes for P E 32I

Defensive Football Techniques

Team Members:

Team Leader:

[Dan Atencio](#) (8886) in P E

Other members:

1. [Kulwant Singh](#) (x8745) P E

Additional team members/notes about team:

Kulwant Singh,

Additional Notes:

Outcomes:

Outcome 1 Phase I: Statement

Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.

Outcome 1 Phase II: Assessment Strategy Used:

Assessment Quarter: Winter 2011

Assessors: Dan Atencio

Assessment Tools: • • Defensive Playbook

Sections being assessed: 01

Outcome 1 Phase III: Reflect & Enhance

Number of people involved in Phase III: 1

Changes:

Methods:

Knowledge of defensive strategies, techniques, mental and physical skills of football through demonstrations and competitions.

Findings and Conclusions:

The students ability to perform defensive strategies, techniques, showing mental skills and physical skills of football was performed at a high level of competence and success. Their knowledge and ability was due to the lecture/demonstration approach to the subject matter. Video/film work which demonstrates the athletes performance would be helpful for immediate feedback.

Enhancement (Planned Actions)**Part I:**

individual techniques and performance will be enhanced leading to a more proficient athlete through being able to use video feedback, lecture/demonstration and other methods of demonstration.

Part II:

The football program needs and assistant head coach, video equipment, blocking bags and a blocking sled to teach fundamental skills.

Outcome 2 Phase I: Statement

Apply knowledge of basic fitness concepts as they apply to health and wellness.

Outcome 2 Phase II: Assessment Strategy Used:

Assessment Quarter: Winter 2011

Assessors: Dan Atencio

Assessment Tools: • • PLAYBOOK

Sections being assessed: 01

Outcome 2 Phase III: Reflect & Enhance

Number of people involved in Phase III: 1

Changes:

Methods:

The class performed in the range of 85% to 95% in regards to knowledge of the subject matter which included fitness concepts and defensive strategies in the sport of football.

Findings and Conclusions:

The student/athletes knowledge of basic fitness concepts including cardio respiratory endurance, muscular strength and endurance, flexibility and body composition was outstanding. The expectation for student success was met.

Enhancement (Planned Actions)

Part I:

The lecture method used and the assignments fit the student learning outcomes with a high success rate. At this time methods will be changed as the student population changes and the basic skills for reading and writing are needed for the subject matter.

Part II:

It is apparent that through written essays many students lack English grammar skills. Basic skills are needed by approximately 25% of the students in the course. As the techniques the skills of defensive football will also change and the course materials will then be altered to fit the profile of the defensive players.

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