PRO FOOTBALL HALL OF FAME

TEACHER ACTIVITY GUIDE

2020-2021 EDITION

PRO FOOTBALL HALL OF FAME
CANTON, OHIO

The Houston Texans' National Football League debut occurred in the 2002 AFC-NFC Hall of Fame Game in Canton, Ohio. The game brought to fruition a dream of the Houston community. The drive to bring an NFL team back to the football-rich city was spearheaded by owner Bob McNair.

His quest began in 1997. After being turned away by the National Hockey League, McNair turned his focus to bringing an expansion football team back to Houston. In just a few months, McNair's efforts began paying off. NFL Commissioner Paul Tagliabue praised his plans at the owners' meeting in October of that year.

In June 1998, the NFL Stadium Committee made a visit to Houston to see the plans for a new retractable roof stadium. Nine months later, the league voted 29-2 to give Los Angeles six months to work out a feasible ownership plan and stadium situation. If the city could not do so, then the NFL would recommend Houston as the 32nd franchise.

McNair, after stepping up his efforts to land the expansion team, became encouraged in the summer of 1999 when it appeared that Los Angeles' bid was failing. In September, McNair was instructed to prepare for the upcoming owners' meeting in Atlanta. Then, at that meeting held on October 6, 1999, the NFL owners voted 29-0 to award the expansion franchise to McNair for a record $700 million.

On January 19, 2000, the team began to form its front office when Charley Casserly was hired as Executive Vice President/ General Manager. Casserly, who spent the last 10 of his 23 seasons with Washington as the Redskins' general manager, oversaw a team that won three Super Bowl titles.

Next on the list was finding the team an identity. On March 2, after months of research and extensive focus group sessions, the Houston franchise narrowed its choices of nicknames to five: Apollos, Bobcats, Stallions, Texans, and Wildcatters. The following month, the list of team names was thinned to three – Apollos, Stallions, and Texans. Then, on September 6, the franchise was officially named the Houston Texans. McNair, along with Commissioner Tagliabue, were on hand at a downtown rally as the team unveiled its name, colors, and logo to the crowd.

More pieces to the expansion puzzle continued to be put in place when the Texans tapped Dom Capers as the franchise's first head coach on January 21, 2001. Building an expansion team was nothing new to Capers who served as the coach of the expansion Carolina Panthers for the first four seasons of their existence.

With players coming to Houston like wide receiver Andre Johnson or devensive end J.J. Watt, the Texans are starting to see success year-in and year-out. They have made NFL Playoff appearences in 2011, 2012, 2015, 2016 and 2018.

Canton, Ohio and the National Football League

Each year, approximately 250,000 fans from all over the world visit the Pro Football Hall of Fame in Canton, Ohio. The museum's guest register reveals that in a year's time, visitors come from all fifty states and from sixty to seventy foreign countries.

Many wonder why the Hall of Fame is located in this small northeast Ohio city. Often, museums are built in locations that have historical significance to their subject matter. The Pro Football Hall of Fame is no exception. Canton's ties to pro football began long before the Hall of Fame was built in 1963. On September 17, 1920, a meeting was held in an automobile showroom in downtown Canton. It was at this time that the American Professional Football Association was formed. Two years later, the league changed its name to the National Football League.

Today, fans follow teams like the Dallas Cowboys, San Francisco 49ers, and the Miami Dolphins. But, in 1920, none of those teams existed. Rather, the NFL had teams like the Columbus Panhandles, Dayton Triangles, Rochester Jeffersons, and the Canton Bulldogs.

The Canton Bulldogs were the first real pro football powerhouse. They won the NFL title in 1922 and 1923 making them the league's first two-time champion.

They were a strong team even before the NFL began because of their star player Jim Thorpe. Thorpe, a Native American Indian, was a tremendous athlete. Not only did he play pro football but he played pro baseball and won two gold medals in the 1912 Olympic Games. Even today, he is considered to be one of the world's greatest athletes of all time.

While the Bulldogs are no longer around, pro football remembers its early days in Canton, Ohio. Visitors, young and old, enjoy the story of pro football's history in the city where the NFL began!

The Legendary Jim Thorpe

Who Was Jim Thorpe?

It seems that whenever stories are written about an all-time pro football great, Jim Thorpe's name comes up. Jim Thorpe was born in a one-room cabin in Prague, Oklahoma, on May 28, 1888. Though he had some Irish and French blood, he was mostly of Sac and Fox Indian heritage. In fact, his Indian name was Wa-Tho-Huk, which means Bright Path.

Though football was his first love, he gained his greatest fame as a track star, winning the decathlon and pentathlon events in the 1912 Olympics, held in Stockholm, Sweden. King Gustav V of Sweden told Thorpe as he presented him with his medals, "Sir, you are the greatest athlete in the world." But soon afterward, Thorpe was stripped of his records and medals when it was learned that he had played minor league baseball for money in 1911. In 1984 the Olympic Committee decided that this was an unfair interpretation of the then Olympic rules and restored his records and returned his medals to his family.

In 1915, Thorpe's great abilities and fame led Jack Cusack to offer him $250 a game to play football for the Canton Bulldogs. While that may not sound like much, it was twice as much as most players were making back then. Even Cusack's friends warned him that he was paying Thorpe too much. Just the same, Thorpe was everything Cusack had hoped he would be -- a great player and a gate attraction. After missing the first two games of the 1916 season because he was playing pro baseball for the New York Giants, Thorpe joined the Canton squad. With Jim playing halfback, the Bulldogs were unofficial World Champions in 1916, 1917 and 1919. (The Bulldogs' championships are said to be unofficial since no organized pro league existed at the time.)

Many old-timers who actually played against Thorpe claimed he was the toughest man ever to play the game. Legend says that Jim would drop-kick a field goal from the 50-yard line, then turn and kick another 50-yarder in the opposite direction with perfect results-just to show off. Others say he could punt a ball the length of the field. Both are probably exaggerations. In any case, there is no doubt that Thorpe was a superb athlete. All accounts suggest he could run with speed and bruising power. He could pass and catch passes with the best. He could kick with accuracy and strength. And, of course, as players did back then, he played defense too.

By the time the NFL was organized in 1920, the thirty-two-year-old Thorpe, who was already past his athletic prime, was unanimously voted the league's charter president. However, he managed to play eight NFL seasons with six different teams and his gate appeal continued. Though at times he sparkled like the Thorpe of old, he never really excelled as much in the NFL as he had in his earlier career. In 1928, at the age of forty he finally called it quits. In 1950, the nation's press honored Thorpe by naming him the most outstanding athlete of the first fifty years of the twentieth century. In 1963, he was elected a charter member of the Pro Football Hall of Fame.

Source: Excerpt from The Official Pro Football Hall of Fame Answer Book by Joe Horrigan, Simon & Shuster Inc., 1990.

If you would like to know more about Jim Thorpe, a good book to read is Jim Thorpe by Bob Wheeler (University of Oklahoma Press, 1979).

Goals/Objectives:
Students will:
- Conduct research on issues and interests by generating ideas and questions and by posing problems. They gather, evaluate and synthesize data from a variety of sources (e.g., print and nonprint displays and artifacts) to communicate their discoveries.
- Use a variety of technological and informational resources (e.g., video, displays, databases) to gather and synthesize information and to create and communicate knowledge.
- Develop an understanding of and respect for diversity in language use, patterns and dialects across cultures, ethnic groups, geographic regions and social roles.
- Use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and exchange of information).

Common Core Standards: RI- Key Ideas and Details, Integration of Knowledge and Ideas; W- Text Types and Purposes, Research to Build and Present Knowledge; SL- Presentation of Knowledge and Ideas

Methods/Procedures:
- Students will read the biographical sketch on Andre Johnson (next page) as a class and discuss his role in history and the history of pro football.
- Students will compile a list of ten facts about Andre Johnson from his bio or using AndreJohnson80.com
- Students would then be given an assignment to research any Texans' player and gather ten facts or bits of information on them to share with the class. Students would be encouraged to access the Texans' official website: HoustonTexans.com.
- Students will write up their information in paragraph form (like the Andre Johnson bio) and present the new facts and bits of information that they discovered about their chosen player.

Materials:
- Andre Johnson biography
- HoustonTexans.com
- AndreJohnson80.com

Assessment:
- Students will submit the informational essay/report on their chosen Texans' player.
- Students will deliver a formal presentation on their chosen player that will demonstrate a clear and distinctive perspective on the subject chosen and conveys relevant information and descriptive details.

Andre Lamont Johnson was born on July 11, 1981 in Miami, Florida. Johnson went to Miami Senior High School where he graduated in 1999, becoming one of the top wide receiver prospects in the nation. Johnson chose to attend the University of Miami (FL) where he instantly became a star. He totaled over 1,800 yards while he wore a Hurricanes' jersey, ranking him 5th on Miami's All-Time Career Receiving yards' list.

Not only was Andre Johnson a standout on the football field, he succeeded on the track as well. In 2002, Johnson won the Big East Indoor 60-meter dash, posting a 6.83 second time. When the outdoor season rolled around, Johnson won another Big East title - winning the 100-meter dash with a time of 10.59 seconds.

Johnson became a Houston Texan in 2003 when they drafted him number 3 overall. Johnson had a stellar NFL career, most of which was with the same team that drafted him. Some of Johnson's achievements include:

- 7-Time Pro Bowler

- 7-Time 1,000 yard receiving seasons

- Led the NFL in receiving in 2008 and 2009

- 2-Time 1st Team All-Pro

- 3-Time Texans Team MVP

Johnson also holds nearly every Texans receiving record, has the most starts in team history and retired with over 14,000 career receiving yards.

Johnson's impact is also felt off the field as well. In 2003, he founded the Andre Johnson Foundation. His foundation focuses on children and teens growing up in single-parent homes.

Johnson was released by the team in 2015. He played with the Indianapolis Colts and Tennessee Titans before signing a one-day contract to retire as a member of the Houston Texans in April of 2017.

The Texans made Johnson the first member of their Ring of Honor in 2017 during halftime of a game against the Arizona Cardinals.

Source: www.AndreJohnson80.com/about
www.houstontexans.com/team/team-history
www.pro-football-reference.com/players/j/
johnan02.htm

Goals/Objectives:

Students will:
- Improve math skills by applying basic functions to the game of football.
- Learn basic football facts and game terms.
- Utilize statistics of NFL football players and teams for computing math problems.
- Research statistics of selected NFL football players and teams for use as alternative information in certain math problems.

Common Core Standards: Operations and Algebraic Thinking; Number Operations in Base Ten; Measurement and Data

Methods/Procedures:

- Students will complete the math worksheets provided on the following pages related to the game of football. They may work independently or with others. Feel free to make adaptations in players and teams to suit your students. Answers to the following worksheets are found in the back of this publication.
  - *   Conversions in Football (CCS: Measurement and Data)
  - *   Texans' Inaugural Roster (CCS: Number Operations in Base Ten; Measurement and Data)

Materials:

- Pencil
- Scrap paper for working problems
- Calculators if permitted
- Worksheets

Assessment:

- Students will be assessed on accuracy of responses.
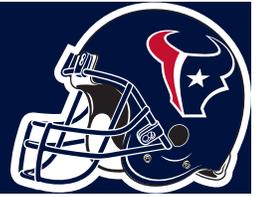
Directions: Complete the following problems, be sure to show all of your work on a seperate sheet of paper.

1. In 2018 DeShaun Watson threw for 3,852 yards. How many feet is that? _____

2. In 2019 Carlos Hyde rushed for 1,070 yards throughout the entire season. How many inches is that? _____

3. In 2019 DeAndre Hopkins led the team in receiving with 1,165 yards. How many miles is that? _____ Round to the nearest tenth. *(Hint: 1 mile = 1,760 yards)

4. In 2019 Tashaun Gipson returned an interception 79 yards for a TD. How many feet is that? _____

5. The Texans have the ball on their own 25-yard line and they complete a 45-yard pass. They then lose 4 yards on the next play. What yard line are they now on? _____

6. Deshaun Watson threw a 54-yard pass. How many inches did he throw? _____ How many centimeters?_____ Hint: 1 inch = 2.54 centimeters

7. A football field measures 100 yards from goal line to goal line. A field is 53 1/3 yards wide. Convert these measurements to feet. _____ _____

8. If an NFL player weighs 303 pounds. How much does he weigh in ounces? _____

9. A game normally lasts 60 minutes. During a 17-game season, how many total minutes does one team play? _____

10. There are seven officials on the field for every NFL game. If 16 games are played each week, what is the total number of officials officiating throughout the NFL each week? _____

Texans' Inaugural Roster

Directions: **Answer the following questions using the Houston Texans' roster on the following page.**

1. Who was the oldest player on the team?

2. What number was Tony Boselli?

3. How many wide receivers (WR) were there?

4. How many players had 5 or more years of NFL experience?

5. How many quarterbacks (QB) were listed?

6. Who was the only player to attend Appalachian State University?

7. Who was the heaviest player on the team?

8. Who was the lightest player on the team?

9. What position did number 7 play?

10. Add up the total weight of all the running backs (RB/FB).

Houston Texans' Inaugural Roster

TEXANS ROSTER

NO.	NAME	POS.	HT	WT	AGE	NFL EXP	COLLEGE
3	Brown, Kris	PK	5-11	206	25	4	Nebraska
7	Stanley, Chad	P	6-3	205	26	4	Stephen F. Austin
8	Carr, David	QB	6-3	223	23	R	Fresno State
11	Quinn, Mike	QB	6-4	216	28	5	Stephen F. Austin
12	Banks, Tony	QB	6-4	230	29	7	Michigan State
19	Gideon, Sherrod	WR	5-11	171	25	1	Southern Mississippi
20	Allen, James	RB	5-10	215	27	5	Oklahoma
23	Williams, Kevin	FS	6-0	192	27	4	Oklahoma State
24	Brown, Eric	SS	6-1	210	27	5	Mississippi State
26	Stevens, Matt	FS	6-0	205	29	7	Appalachian State
28	Akbar, Hakim	SS	6-0	212	22	2	Washington
29	Shepherd, Jacoby	CB	6-1	195	22	3	Oklahoma State
30	Simmons, Jason	CB	5-9	198	26	5	Arizona State
31	Glenn, Aaron	CB	5-9	185	30	9	Texas A&M
32	Wells, Jonathan	RB	6-1	243	23	R	Ohio State
36	Carter, Chris	FS	6-2	212	27	6	Texas
38	Faggins, Demarcus	CB	5-10	178	23	R	Kansas State
40	Stansbury, Ed	FB	6-0	257	23	R	UCLA
41	Walker, Ramon	SS	6-0	197	22	R	Pittsburgh
42	Coleman, Marcus	CB	6-2	210	28	7	Texas Tech
43	Wright, Kenny	CB	6-1	205	24	4	Northwestern State
45	Holloway, Jabari	TE	6-2	260	23	2	Notre Dame
46	McClain, Jimmy	LB	6-0	231	22	R	Troy State
47	Baxter, Jarrod	FB	6-1	245	23	R	New Mexico
48	McDermott, Sean	TE	6-4	250	25	2	Kansas
52	Wong, Kailee	LB	6-2	250	26	5	Stanford
54	Evans, Troy	LB	6-3	243	24	1	Cincinnati
55	Sharper, Jamie	LB	6-3	240	27	6	Virginia
56	Foreman, Jay	LB	6-1	240	26	4	Nebraska
57	Lamar, Jason	LB	6-0	228	23	1	Toledo
58	Mitchell, Keith	LB	6-2	245	28	6	Texas A&M
61	Weary, Fred	G	6-4	308	24	R	Tennessee
65	Schau, Ryan	G/T	6-6	300	25	4	Illinois
67	Green, Howard	DT	6-2	331	23	R	Louisiana State
69	Pitts, Chester	OT	6-4	320	23	R	San Diego State
70	Graham, DeMingo	G	6-3	310	28	5	Hofstra
71	Boselli, Tony	OT	6-7	322	30	8	Southern California
72	Hawkins, Jelani	OT	6-4	309	21	R	San Jose State
74	Young, Ryan	OT	6-5	320	26	4	Kansas State
75	Herndon, Jimmy	OT	6-8	318	28	7	Houston
76	McKinney, Steve	C	6-4	295	26	5	Texas A&M
78	Spikes, Cameron	OT	6-2	323	25	4	Texas A&M
79	Overhauser, Chad	G/T	6-4	314	27	4	UCLA
82	Miller, Billy	TE	6-3	230	25	4	Southern California
83	Rutledge, Rod	TE	6-5	265	27	5	Alabama
84	Lewis, Jermaine	WR	5-7	180	27	7	Maryland
85	Bradford, Corey	WR	6-1	197	26	5	Jackson State
86	Gaffney, Jabar	WR	6-1	193	21	R	Florida
88	Black, Avion	WR	5-11	185	25	2	Tennessee State
90	Boose, Dorian	DE	6-5	292	28	5	Washington State
91	Payne, Seth	DT	6-4	303	27	6	Cornell
92	Sears, Corey	DE	6-3	319	29	4	Mississippi State
93	Flowers, Erik	LB	6-4	273	24	3	Arizona State
94	Hill, Charles	DT	6-2	293	21	R	Maryland
95	Deloach, Jerry	DT	6-2	315	25	2	California
96	Walker, Gary	DT	6-2	305	29	8	Auburn
98	Posey, Jeff	LB	6-4	249	27	5	Southern Mississippi

INJURED RESERVE

NO.	NAME	POS.	HT	WT	AGE	NFL EXP	COLLEGE
35	Evans, Leomont	S	6-2	213	28	5	Clemson
87	Insley, Trevor	WR	6-0	190	24	3	Nevada-Reno
18	Jones, Dwaune	WR	6-1	194	25	1	Richmond

RESERVE/PHYSICALLY UNABLE TO PERFORM

NO.	NAME	POS.	HT	WT	AGE	NFL EXP	COLLEGE
64	Newell, Mike	C	6-4	300	25	1	Colorado State

HEAD COACH: Dom Capers
ASSISTANT COACHES: Chris Palmer (offensive coordinator), Vic Fangio (defensive coordinator), Joe Marciano (special teams coordinator), Kippy Brown (wide receivers), Jedd Fisch (defensive quality control), Todd Grantham (defensive line), Chick Harris (running backs), Reggie Herring (linebackers), Jon Hoke (defensive backs), Tony Marciano (offensive line), Steve Marshall (asst. offensive line), Dan Riley (strength and conditioning), Greg Roman (tight ends), Brian Stewart (asst. defensive backs), Eric Sutulovich (asst. special teams), Ray Wright (asst. strength and conditioning)

Roster as of August 31, 2002

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Source: Roster from official Texans Inaugural game program.

How Much Can Be Recycled?

Goals/Objectives:
Students will:
- Explain how technology influences the quality of life.
- Discuss how decisions about the use of products can result in desirable or undesirable consequesces.
- Use examples to predict and analyze.
- Recognize that science can only answer some questions and technology can only solve some human problems.
- Describe examples of scientific advances and emerging technologies and how they impact society.

National Standards: Science: 5-Science and Technology

Methods/Procedures:
- The students and teacher will compile a list of objects that accumulate from fans, players and workers at any NFL game.
- Students gather, if possible, concrete examples of listed items.
- Students determine which listed objects can be recycled.
- Through letters, calls, emails, and possibly personally, determine which stadiums recycle and what items they recycle.
- After compiling all three lists, using a mathematical formula, including amount of each product sold, students determine the weight of each recyclable item/team's game and or season through extrapolation.

Materials:
- Students and teacher created item list
- ProFootballHOF.com
- Scales for weighing objects

Assessment:
- Student created tables of items sold, recyclable items, items recycled and total poundage.
- Students will deliver a formal presentation on their findings.
- Teacher posts results and student findings (charts).

NRG Stadium

Items Sold	Item A	Item B	Item C	Item D
Game 1	Total Weight:	Total Weight:	Total Weight:	Total Weight:
Game 2	Total Weight:	Total Weight:	Total Weight:	Total Weight:
Game 3	Total Weight:	Total Weight:	Total Weight:	Total Weight:

Students may add items, delete items, add games, delete games depending on time constraints.

Goals/Objectives:
Students will:
- Understand the beginnings of football as we know it today.

National Standards: U.S. History: 11 - Era 7: The Emergence of Modern America (1890-1930); 12 - Era 8: The Great Depression and World War II (1929-1945); 13 - Era 9: Postwar United States (1945 to early 1970's); 14 - Era 10: Contemporary United States (1968 to the Present)

Methods/Procedures:
- Students will visit the Houston Texans' website: HoustonTexans.com and the Pro Football Hall of Fame's website: ProFootballHOF.com. A tour through these websites informs students how the Texans began, who were the early superstars, and who helped the Texans become what they are today. Students will take notes.
- If the class can take a field trip to NRG Stadium, students should take notes as they tour.
- Students will complete a one page report on the history of the Houston Texans from the research gathered.
- Students will then present this information (first game, first player drafted, etc.) to the class.

Materials:
- HoustonTexans.com
- ProFootballHOF.com
- Texans History on page 1

Assessment:
- Students will be able to verbally share with others more about the rich history of the Houston Texans.

Goals/Objectives:
Students will:
- Improve geography skills using football team facts and locations.
- Use map skills with football facts.
- Explore data from NFL players and teams.

National Standards: Geography: 2-Places and Regions; 5-Environment and Society

Methods/Procedures:
- Have students complete the Texans' Team Travel worksheet

Materials:
- Worksheet: Texans' Team Travel
- Maps, atlas, online resources
- 2020 Houston Texans' Schedule
- Writing utensils
- Paper or posterboard
- Pushpins and string

Assessment:
- Students will be assessed on accuracy of responses to worksheet: Texans' Team Travel

Directions: Using a blank United States map (next page) and a 2020 NFL schedule complete the following activities.

1. Label each individual state.

2. Label each NFL team in its correct city. On a separate piece of paper, list those states which do not have a NFL team.

3. Secure the map to a piece of cardboard to push pins through. Locate Houston, TX and mark it by attaching a string to a pin and placing the pin on Houston, TX.

4. Refer to a copy of the team's schedule for the current NFL season (HoustonTexans.com). Using the pins and string, locate and mark your team's away games. How many away games do they play?

5. Determine and keep track of the direction your team traveled to play their away games.

6. Using an online map, determine how many miles the team traveled to each of their away games. How many total miles did the team travel throughout the season?

7. Determine if Houston, TX is in a different time zone than Canton, OH. What is the time difference? If the starting time of a game is 4:00 p.m. in Canton, OH, what time is the game starting in Houston, TX?

8. Keep a log of your team's win-loss record for the season plus the number of points they have scored during each game.

9. Did your team win more home or away games?

10. How many miles is it from Houston, TX to Tampa, FL, the site of Super Bowl LV?
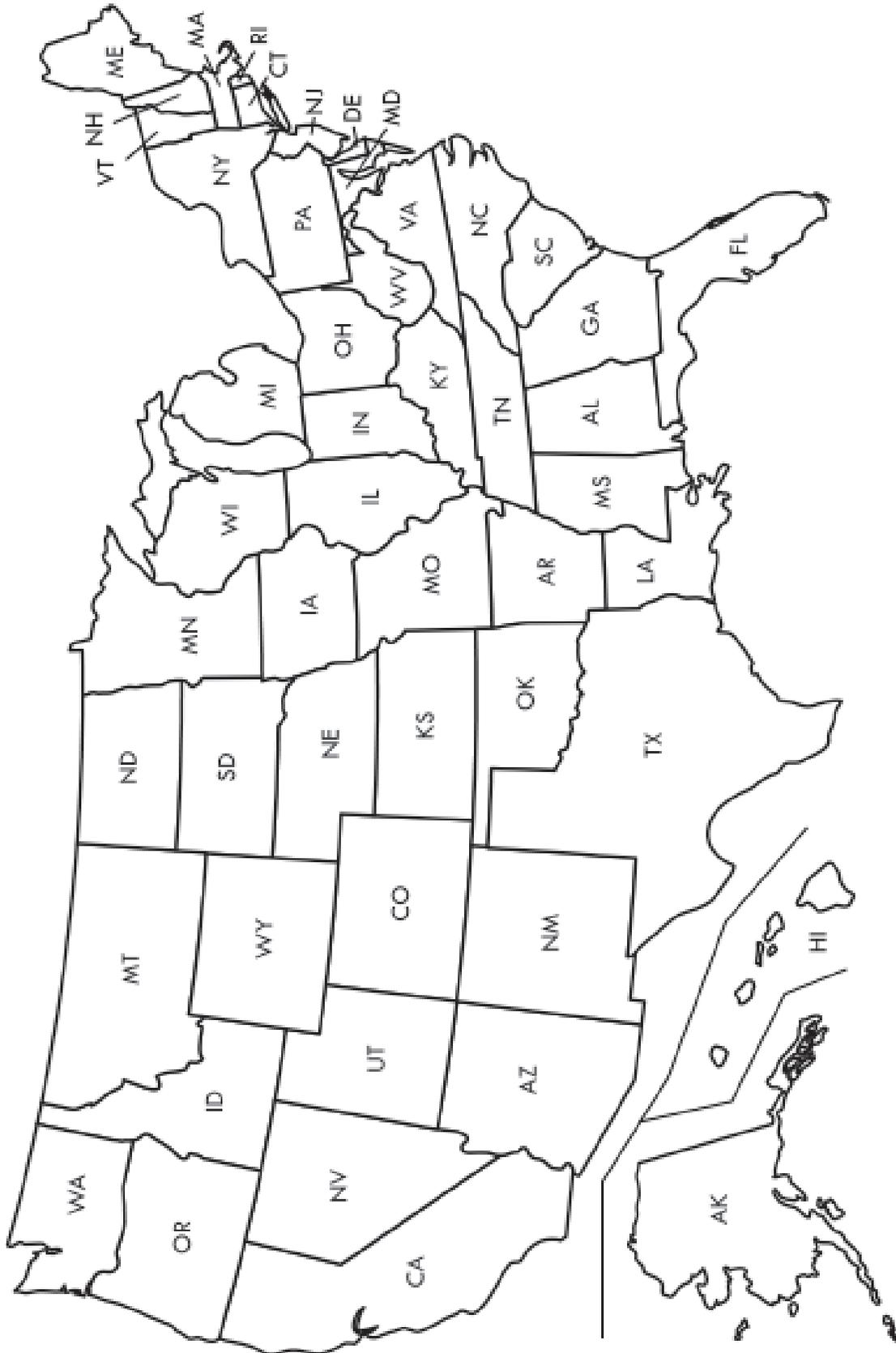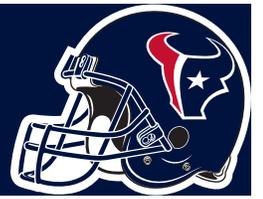
Career Exploration

Goals/Objectives:

Students will:
- Identify NFL careers.
- Conduct an exploratory interview to get an insider's view of a particular career.
- Investigate career opportunities that reflect their interests, abilities, and personality.
- Utilize various sources of career information.

National Standards: FACS: 1 - Career, Community, and Family Connections

Methods/Procedures:

- Have students complete the following career worksheets and activities provided on the following pages:
  - * Careers with the Texans
  - * Texans Career Matching
  - * Texans Career Future

Materials:

- Career worksheets and activity descriptions
- Career reference books including:
  - * Dictionary of Occupational Titles
  - * Occupational Outlook Handbook (OOH)
  - * Guide for Occupational Exploration
  - * Occupational Outlook Quarterly
- Computer program "Ohio Career Information System (OCIS)"
- Internet access to career/job/vocation sites (i.e. http://stats.bls.gov)

Assessment:

- Students will be assessed on performance and accuracy of responses.

Name:_____

There are hundreds of jobs in and around the Texans in addition to being an athlete. See if you can think of one job for each letter in the alphabet.

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

W. _____

X. _____

Y. _____

Z. _____

Name:_____

Directions: Match the careers on the left with the correct definition on the right:

_____ Players Agent

A. Good with computers and networking. Oversee all technology applications for teams.

_____ Game Official

B. Requires a keen eye, fast reflexes, stamina, self-control, and knowledge of rules and ability to make quick and correct decisions.

_____ Sports Photographer

C. Has a strong science background with an emphasis on anatomy and physical therapy for athletes.

_____ Sports Psychologist

D. Makes sure the stadiums and arenas are operable and safe for both players and fans.

_____ Facilities Manager

E. Participates in contract negotiations, arranges personal appearances and sets up endorsements for commercial products.

_____ Director of IT

F. Advises athletes on how to eat to perform their best.

_____ Official Statistician

G. Expert in mathematics, bookkeeping, statistics and operating a computer.

_____ Scout

H. Artist who uses a camera to capture the single action of an individual's successes as well as defeats.

_____ Athletic Trainer

I. Evaluates potential players as well as next week's opponents.

_____ Sports Nutritionist

J. Helps athletes cope with pressure.

Name:_____

The NFL can offer a ticket to fame and fortune. However, only a small percentage of people actually become professional athletes. Even those who do must some day retire and begin new careers Education is the key to the future.

Think about the types of NFL career possibilities that exist for a person with your interests, abilities, and personality. Project yourself into the future and choose one occupation that interests you. Answer the following questions using any resources available (parents, relatives, career mentors, teachers, guidance counselors, Internet and printed material).

• What education and training would I need?

• What skills and aptitude should I have?

• Is there an age requirement? If so, what is it?

• What would my work environment be like?

• What hours would I spend on the job?

• What is the starting salary?

• What are the opportunities for advancement in this line of work?

• What are the benefits of the career?

• What is the dress code?

• What specific duties would I perform?

• What are the advantages and disadvantages of the job?

Now that you know more about the career, is it still something you would like to pursue?
Why or why not?

Goals/Objectives:

Students will:
- Create an original frontal design for a jersey, employing color choices, fabric/clothing details and lettering design. This lesson focuses on use of contrast, center of interest and balance.

National Standards: Visual Arts: 1-Understanding and applying media, techniques and processes

Methods/Procedures:

- Fold drawing paper in half, short sides together, to create a center line. This line will be used as guide when drawing the neckline and number.
- Using pencil and ruler, divide the paper vertically into fourths, using very light guidelines. These lines represent approximate areas where sleeves are sewn onto the sides of the body.
- Decide on the thickness of sleeves, drawing them to extend to the outside edges of the paper.
- Sketch the neckline – standard jerseys usually have v-necks, but use another shape if you like.
- Add detailing – clothing that must endure the rigors of a contact sport usually has double stitching for strength. This can be shown at the sleeves, bottom and any other area you choose.
- Determine a color pattern – borrow colors from the Texans or create your own combinations. No more than two or three colors are necessary. Highlights of black and white are often used on jerseys in conjunction with one or two other colors. Use your color pattern to create bands on the sleeves, neckline and other areas as desired. Colors should have good contrast that allows the design to be visible from a distance, especially the number(s).
- Use the fold line to help you center the number you chose. Examples of block letters are shown on the accompanying illustration, but be as creative as you'd like. Jersey numbers are often "shaded" with a second colors. Frequently, smaller numbers are sewn to the shoulders. From this viewpoint, only part of the shoulder numbers would be visible.
- Add a tag inside the neckline to show the size. Jerseys often have outside tags on the lower portion of the body that show the manufacturer's name. This would be an ideal are to sign your name or create a company with your initials. Add any other detail you would like.
- If desired, cut out your jersey and mount on a contrasting color.

Materials:

- White or manila drawing paper, 12" x 18" or 9" x 12"
- Drawing pencil/eraser
- Ruler or straightedge
- Colored pencils, markers, crayons or other coloring media

Assessment:

- Ask the student to write an advertisement for his/her jersey, describing the type of fabric that would be used, why the color choices are successful, the durability of the shirt, other details that were used, and the approximate price of the shirt.
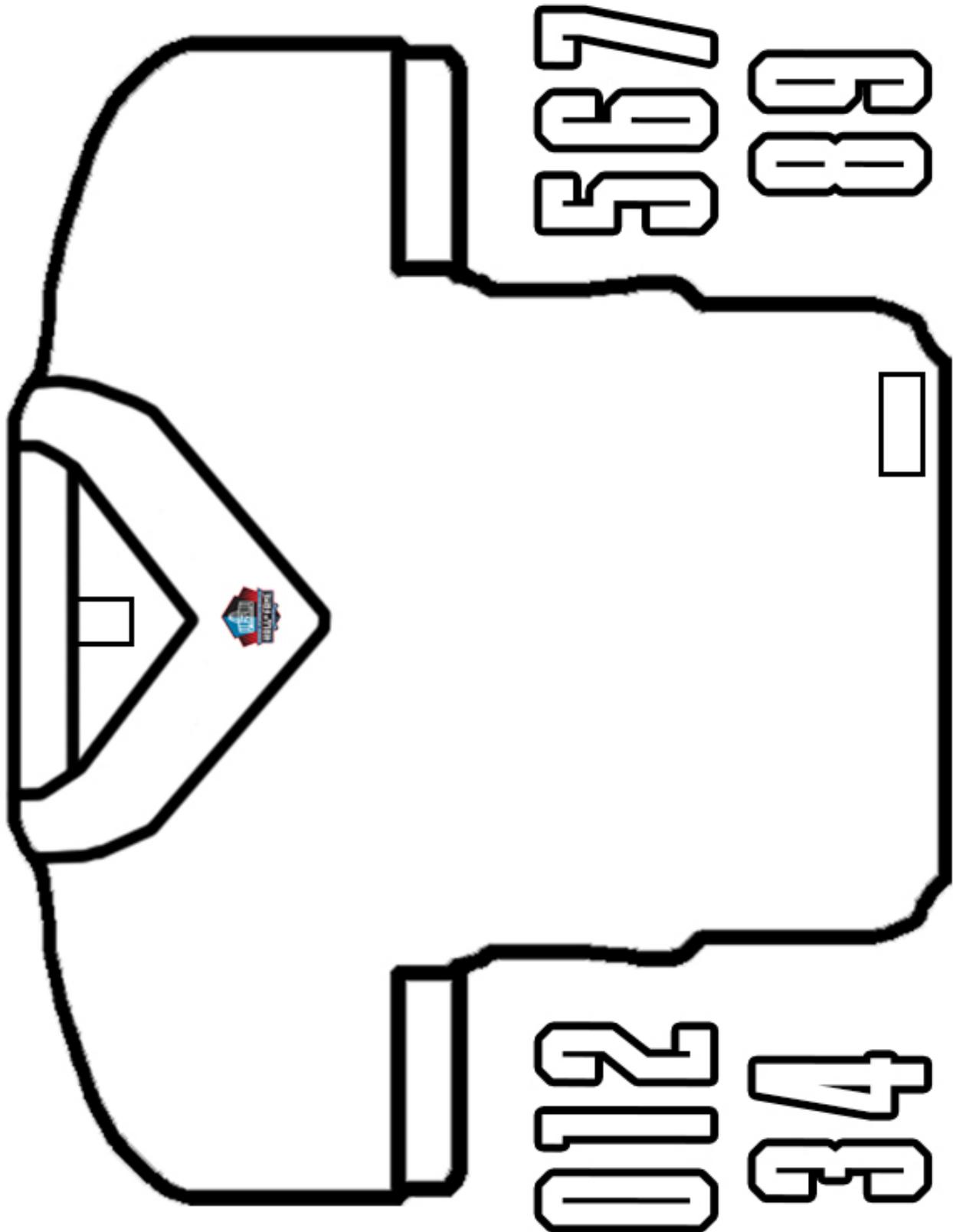
Goals/Objectives:

Students will:

- Identify the Internet as a viable source for information and research.
- Identify key phrases and words in searching the Internet for football related information.
- Identify various and reliable Internet sites.
- Identify main points of article.
- Effectively analyze Internet sites

National Standards: Technology: 2-Issues; 3-Technology Productivity Tools; 4-Technology Communication Tools; 5- Technology Research Tools, 6-Technology Problem Solving

Methods/Procedures:

- Students complete the worksheets provided on the following pages in this section concentrating on one activity at a time.
- Teachers are encouraged to adjust, adapt, and alter activities to suit class needs.
- Answers are located in the back of this publication.
  - * ProFootballHOF.com
  - * HoustonTexans.com
  - * Additional Internet Sites
- Students would be encouraged to access the Hall's official site: ProFootballHOF.com. On this site students can examine articles to analyze and discuss.
- Students can present the information gathered from the lessons to the class.

Materials:

- Internet Activity Sheets
- HoustonTexans.com
- ProFootballHOF.com
- Access to the school and/or public library as well as a computer center

Assessment:

- Students will be assessed based upon completed worksheets and/or presentations

Name: _____

Directions: After finding your way to the Pro Football Hall of Fame website, find the answers to the following questions.

1. What are the three reasons the Pro Football Hall of Fame is located in Canton, Ohio?

   A. _____

   B. _____

   C. _____

2. In the "Football History" section, find one story about the 1980's. Summarize the article below.

3. Under "NFL History and Stats," list two players talked about in "African Americans in Pro Football."

   A. _____

   B. _____

4. Who were the Modern-Era enshrinees in the Class of 2020?

   A. _____

   B. _____

   C. _____

   D. _____

   E. _____

5. One jersey number has been worn by more Hall of Famers (13) than any other number. Which number is it? _____

Name: _____

Directions: After accessing the website Houstontexans.com, find the answers to the following questions:

1. Who founded the Houston Texans?

2. The NFL awarded Houston an expansion franchise in what year?

3. What date were the Texans' name, logo, and team colors presented to the public?

4. Which team did the Texans defeat 19-10 to win their debut?

5. Name three Texans first round draft picks.

   A.

   B.

   C.

6. Find one article on the site. Summarize that article below.

The following websites can be accessed for additional information for your students.

www.usatoday.com

www.espn.com

www.cbssports.com

www.sportsillustrated.com

www.nfl.com/superbowl

Goals/Objectives:

Students will:

- Correlate the fitness concepts of strength, agility, flexibility, and endurance to basic yet specific forms of exercise.

National Standards: Physical Education: 2-Movement Concepts, Principles, Strategies, and Tactics; 3-Physical Activity; 4-Physical Fitness; 6-Values Physical Activity

Methods/Procedures:

- Students will be asked to discuss and list basic exercises that can be done to improve one's muscular strength, agility, flexibility, and muscular endurance.
- Basic Exercise Examples
  * Muscular Strength   Push-ups, Sit-ups (Few Repetition), Chin-ups, Pull-ups, Squat thrust, Bench dips
  * Agility   Line jumps (forward, backward, side to side, scissors), One Foot hop
  * Flexibility   Standing toe touch, Standing V stretch, Butterfly, Seated toe touch, Seated V stretch, Inverted hurdles stretch
  * Endurance   Push-ups, Sit-ups, Chin-ups, Squat thrust, Bench dips, Walking, Jogging (slow, medium or fast) Jump rope (Many Repetitions)

Materials:

- Notepad/paper and pencil/pen
- Blackboard or Dry mark board
- Access to computer

Assessment:

- Students will be assessed on their participation in activities.

Conversions in Football
1. 11,556 feet
2. 38,520 inches
3. 0.7 miles
4. 237 feet
5. 34 yard line of opposing team
6. 1,944 inches, 4937.76 centimeters
7. 300 feet long, 160 feet wide
8. 5,800 ounces
9. 1,020 minutes
10. 112 officials

Texans Inaugural Roster
1. Aaron Glenn/ Tony Boselli
2. 71
3. 7
4. 24
5. 3
6. Matt Stevens
7. Howard Green - 331 lbs.
8. Sherod Gideon - 171 lbs.
9. Punter
10. 960 lbs.

Careers with the Texans
Possible Answers
A = Agent
B = Broadcaster
C = Coach
D = Doctor
E = Equipment Manager
F = Field Judge
G = Groundskeeper
H = Head Linesman
I = Intern
J = Journalist
K = Kinesiologist
L = Lawyer
M = Mascot
N = Nutritionist
O = Owner
P = Photographer
Q = Quarterback Coach
R = Referee
S = Scout

T = Trainer
U = Umpire
V = Vendor
W = Writer
X = X-Ray Technician
Y = Yoga Instructor
Z = Zeppelin Driver

Texans Career Matching
E- Players Agent
B- Game Official
H- Sports Photographer
J- Sports Psychologist
D- Facilities Manager
A- Sports Promoter
G- Official Statistician
I- Scout
C- Athletic Trainer
F- Sports Nutritionist

HoustonTexans.com
1. Bob McNair
2. 1999
3. September 6, 2000
4. Dallas Cowboys
5. Answer varies
6. Student's choice

ProFootballHOF.com
1. A. The American Professional Football Association, was founded in Canton in 1920.
B. The Canton Bulldogs were an early day pro football power. First two-time champion of the NFL. Jim Thorpe played for Bulldogs.
C. Canton citizens launched a determined and organized campaign in the 1960's to earn the site.
2. Answer varies
3. Answer varies
4. Steve Atwater, Isaac Bruce, Steve Hutchinson, Edgerrin James, Troy Polamalu
5. 22