

Mr. Bonaventura

PE Extra Credit Assignments: This is an *"informative essay"* Each extra credit assignment will be 2 pages in length, Double spaced typed, Times Roman font, size 12, with 1 inch page borders. **SEE SAMPLE BELOW! DO NOT COPY, CUT & PASTE information.**

Each extra credit assignment will be worth 10 points.

- History of sports in America
- History of Football
- History of Baseball
- History of Volleyball
- History of Soccer
- History of Golf
- History of Softball
- History of Tennis
- History of Badminton
- The 1980 USA Olympic Hockey team
- History of Lacrosse in America
- Gymnastics in America
- Difference between locomotor movements and NON-locomotor movements.
- What are the benefits of team sports
- Develop a 2 week physical fitness program to increase cardiovascular fitness
- Develop a 2 week physical fitness program to increase muscular strength.
- Explain the effects of proper nutrition on weight control and self-esteem.
- Who is the NCAA and what do they do?
- The history of Title ix
- The history of the Olympics
- Develop and explain a 30 minute exercise routine for muscular endurance
- The history of NIKE

Student Name

Teacher Name

Period

Date

HISTORY OF FOOTBALL

The first intercollegiate football contest was played on November 6th, 1869, at New Brunswick, New Jersey. Rutgers beat Princeton 6 goals to 4, using a soccer-style round ball, played on a huge field (120 yards long and 75 yards wide) with 25 players on each side. The sport grew slowly at first with Columbia, Yale, Harvard, and Stevens Tech fielding teams by 1875. In 1876 a crossbar was added to the goal posts at a height of 10 feet (in effect to the present day), the field was reduced to nearly modern dimensions, and the number of players on each side was lowered to 15.

The sport really was becoming "big time" by 1903, when Harvard unveiled the first large concrete stadium designed specifically for football. Despite rapidly growing popularity, college football was in serious trouble in the early twentieth century. The rules changes of the 1890s led to only a brief decrease in the rate of injury and death on the playing field. By 1905 the public outcry against the game's brutality was so great that several colleges (including Columbia, the third school to take up the sport) banned football, and others threatened to do so. Even President Theodore Roosevelt, hardly a pantywaist, demanded that reforms be made. The movement led to the creation of a body that five years later, in 1910, became known as the National Collegiate Athletic Association. The NCAA since has been the major power in formulating rule changes and in setting up and policing the procedures under which members operate their football programs.

The longtime resistance to a playoff system at the FBS level finally ended with the creation of the College Football Playoff (CFP) beginning with the 2014 season. The CFP is a Plus-One system, a concept that became popular as a BCS alternative following controversies in 2003 and 2004. The CFP is a four-team tournament whose participants are chosen and seeded by a 13-member selection committee. The semifinals are hosted by two of a group of six traditional bowl games often called the "New Year's Six", with semifinal hosting rotating annually among three pairs of games in the following order: Rose/Sugar, Orange/Cotton, and

Fiesta/Peach. The two semifinal winners then advance to the College Football Playoff National Championship, whose host is determined by open bidding several years in advance.

Division 1AA (FCS) football, Division 2 and Division 3 football all have a “Playoff System” to determine their Champion. The NCAA Division I Football Championship^[1] is an American college football tournament played each year to determine the champion of the NCAA Division I Football Championship Subdivision (FCS). Prior to 2006, the game was known as the NCAA Division I-AA Football Championship. When Division I-AA was formed for football in 1978, the playoffs included just four teams, doubling to eight teams in its fourth season of 1981. In 1982, the I-AA playoffs were expanded to 12 teams, with each of the top four seeds receiving a first-round bye and a home game in the quarterfinals. In its ninth season of 1986, the playoffs expanded to a 16-team format, requiring four post-season victories to win the title. Eight conference champions received automatic bids, with the remaining eight bids available on an at-large basis. The field is traditionally set the Sunday before Thanksgiving and play begins that weekend. The top four teams are seeded; however, the matchups are not strictly set up by these seedings as geographic considerations are also taken into account to minimize travel.

In April 2008, the NCAA announced that the playoff field would expand to twenty teams in 2010, with the number of conferences receiving automatic bids increasing to ten. The structure then adopted included eight teams playing in four first-round games. The four first round winners advance to the second Round of Sixteen where they play the top four seeds. The playoffs expanded to 24 teams beginning with the 2013 season. The number of conferences whose champions receive automatic bids increased to eleven with the addition of a bid for the Pioneer Football League and the number of first-round games increased from four to eight.

The NCAA Division II Football Championship is an American college football tournament played annually to determine a champion at the NCAA Division II level. It was first held in 1973, as a single-elimination tournament with eight teams. The tournament field has subsequently been expanded three times; in 1988 it became 16 teams, in 2004 it became 24 teams, and in 2016 it became 28 teams.

The NCAA Division III Football Championship began in 1973. Before 1973, most of the schools now in Division III competed in the National Association of Intercollegiate Athletics (NAIA). The Division III playoffs begin with 32 teams selected to participate in the

playoffs. The Division III championship game, known as the Stagg Bowl (named after Amos Alonzo Stagg).