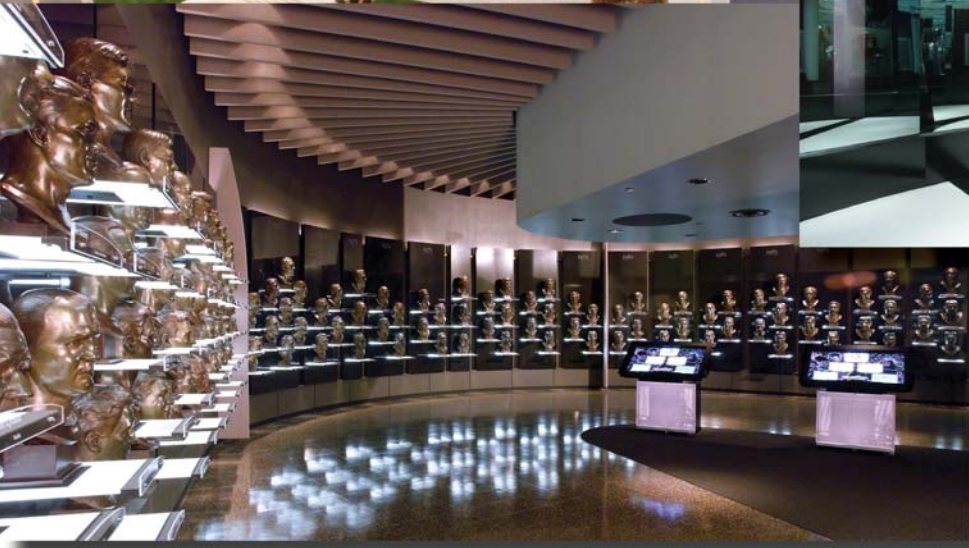


# PRO FOOTBALL HALL OF FAME EDUCATIONAL OUTREACH PROGRAM



TEACHER ACTIVITY GUIDE



ARIZONA CARDINALS EDITION

# Acknowledgments



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**Acknowledgements**



# Pro Football Hall of Fame Educational Outreach Program

- Arizona Cardinals Edition -

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# Arizona Cardinals Team History



In March 1994, the Cardinals were christened with a new name, the Arizona Cardinals. But there is nothing new about the oldest team in terms of continuous operation in pro football history. A charter member of the National Football League, the Cardinals trace their history back to 1898 when Chris O'Brien formed the Morgan Athletic Club. A few years later, he bought used jerseys from the University of Chicago. He described the faded maroon clothing as "Cardinal red" and the team, then playing at 61st and Racine Street, became the Racine Street Cardinals.

The American Professional Football Association, the direct forerunner of the NFL, began play in 1920. The Cardinals faced an immediate challenge for territorial rights in Chicago from a team named the Tigers, who joined the league after the organizational meeting on September 17. O'Brien and the Cardinals promptly challenged the Tigers to a game, with the losers to leave town. The Cardinals won the game and the franchise rights when the legendary Paddy Driscoll scored the only touchdown in a 6-0 victory.

Except for 1925, when they edged out the Pottsville Maroons for their first NFL championship, the Cardinals experienced only minimal success on the playing field during their first 26 seasons in the league. A Thanksgiving Day game in 1929 did produce an all-time highlight when the Cardinals' superstar running back, Ernie Nevers, scored all 40 points -- an NFL record that stands today -- in a 40-6 victory over the Chicago Bears.

The Cardinals began a continuous period of family ownership in 1932 when Charles W. Bidwill bought the team. His son, William V. Bidwill, now operates the team. Bidwill kept the Cardinals operating during the depression days of the 1930s and the World War II years of the early 1940s and then finally put together a winning unit just as the war ended. Bidwill's building program produced a team that won an NFL championship in 1947 and the NFL Western division title in 1948. The Cardinals' 28-21 victory over the Philadelphia Eagles for the 1947 championship stood as the team's last playoff victory until a 20-7 win over the Dallas Cowboys in the 1998 NFC Wildcard Game. The team's coach, Jimmy Conzelman, is now a member of the Hall of Fame as is Charley Trippi, a key member of the famed "Dream Backfield" that Bidwill fashioned. The unit also included Paul Christman, Pat Harder, Marshall Goldberg and Elmer Angsman when Goldberg moved to defense. In a cruel twist of fate, Bidwill died before seeing that team in action.

Since joining the NFL, the Cardinals have called three cities home. After 40 seasons in Chicago, they moved to St. Louis in 1960. The Cardinals seriously challenged the Cleveland Browns twice for divisional honors in the 1960s, but they fell one-half game short both in 1964 and 1968. For a time in the mid 1970s, the St. Louis Cardinals were serious championship challengers. They won NFC Eastern division championships in both 1974 and 1975 but lost in the first round of the playoffs each year. The franchise was moved for a second time in 1988 when William Bidwill selected Phoenix as the new home city, where they played at Sun Devil Stadium.

The Cardinals, who opened the state-of-the-art University of Phoenix Stadium in 2006, found instant success in their new home, winning multiple division titles and an appearance in Super Bowl XLIII.



# Canton, Ohio and the National Football League

## Football Facts and Figures

Each year, approximately 200,000 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. He not only played 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 previous 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 claim he was the toughest man ever to play the game. Some folks claim 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 being named 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).**



## **Subject:** Language Arts

### **Lesson Title:** Dan Dierdorf

# Language Arts

#### **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 ) 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).

**National Standards met:** Language Arts: 7-Conduct research on issues and interests

#### **Methods/Procedures:**

- Students will read the biographical sketch on Dan Dierdorf (pp. 7-8) as a class and discuss his role in history and the history of pro football.
- Students will compile a list of ten facts about Dan Dierdorf from his bio.
- Students would then be given an assignment to research any Cardinals' player and gather ten facts or bits of information on them to share with the class. Students would be encouraged to access the Cardinals' official website: [AZCardinals.com](http://AZCardinals.com).
- Students will write up their information in paragraph form (like the Dan Dierdorf bio) and present the new facts and bits of information that they discovered about their chosen player.

#### **Materials:**

- Dan Dierdorf biography
- Access to the Internet
- Access to Cardinals website at [AZCardinals.com](http://AZCardinals.com)

#### **Assessment:**

- Students will submit the informational essay/report on their chosen Cardinals' 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.

# Dan Dierdorf



Dan Dierdorf excelled as an offensive lineman for 13 seasons from 1971 through 1983. He seemed destined for stardom from the moment he joined the St. Louis Cardinals as a second-round choice and the 43rd player selected in the 1971 draft.



Dierdorf, who had been a consensus All-America at Michigan in 1970, possessed size, speed, quickness, discipline, intelligence and consistency, all necessary attributes for an outstanding lineman. The 6-3, 275-pounder from Canton, Ohio, where he was born on June 29, 1949, played both guard and tackle his first two seasons before settling down as the permanent right tackle in his third season. Dierdorf, who was equally effective as a blocker on both running and passing plays, was the ring-leader of the line that permitted the fewest sacks in the NFC for five straight years in the mid-1970s. In 1975, the Cardinals set a then-record by allowing only eight sacks in 14 games.

He proved his durability by playing in every game until a broken jaw forced him out of two games in his seventh season in 1977. In 1979, he did miss 14 of 16 games because of a dislocated left knee. However, he bounced back strongly in 1980 with another all-pro caliber season. In 1982, Dierdorf unselfishly responded to a personnel emergency on the offensive line by agreeing to move to center. He not only made a smooth adjustment to the new position but he proved to be especially effective blocking against the bigger nose tackles of the new 3-4 defensive alignments he had to face.





Dierdorf was named All-Pro five seasons – from 1975 to 1978 and again in 1980. He was elected to six Pro Bowl games, missing only once from 1974 through 1980. The NFL Players Association picked him as the best overall blocker in the NFL three straight years from 1976 to 1978.

## Language Arts



## **Subject:** Mathematics

## **Lesson Title:** Tackling Football Math with the Cardinals



### **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 Cardinals players for computing math problems.
- Research statistics of Cardinals players for use as alternative information in certain math problems.

**National Standards met:** Mathematics: 1-Number and Operations; 2-Algebra; 5-Data Analysis and Probability; 6-Problem Solving

### **Methods/Procedures:**

Have students complete the math worksheets related to the game of football. They may work independently or with others. Feel free to make adaptations in players to suit your students. Answers to the following worksheets are found in the back of this publication.

- Conversions in Football
- Cardinals' Super Bowl XLIII Roster (page 12)

### **Materials:**

- Pencil
- Scrap paper for working problems
- Calculators if permitted
- Access to Cardinals' website at [AZCardinals.com](http://AZCardinals.com)

### **Assessment:**

- Students will be assessed on accuracy of responses.



# Conversions in Football

**Complete problems 1-10. Please show your work.**

1. During his career, Otis Anderson rushed for 7,999 yards.  
How many feet is that? \_\_\_\_\_
2. In 2008 Dominique Rodgers-Cromartie returned an interception 99 yards for a touchdown.  
How many inches is that? \_\_\_\_\_
3. Kurt Warner passed for 3,753 yards in 2009. How many miles is that? \_\_\_\_\_  
Round to the nearest tenth. \*(Hint: 1 mile = 1,760 yards)
4. In 2009 Larry Fitzgerald led the Cardinals in receiving yards with 1,092 yards.  
How many feet is that? \_\_\_\_\_
5. The Cardinals 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. Matt Leinart 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  $53 \frac{1}{3}$  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 16-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?  
\_\_\_\_\_

# Cardinals' Super Bowl XLIII Roster



Answer the following questions using the Arizona Cardinals roster on the following page.

1. Who was the oldest player on the team?
2. What number was Leonard Pope?
3. How many wide receivers (WR) were there?
4. How many players had 10 or more years of NFL experience?
5. How many quarterbacks (QB) were listed?
6. Who was the only player to attend the University of Richmond?
7. Who was the heaviest player on the team?
8. Who was the lightest player on the team?
9. What position did number 24 play?
10. Add up the total weight of all the running backs (RB/FB).





# Cardinals' Super Bowl XLIII Roster

## Mathematics

*Roster from official  
Super Bowl XLIII game program.*

### Cardinals Alphabetical Roster

No	Player	Pos	Ht	Wt	Birth Date	NFL Exp	College
27	Adams, Michael	CB	5-8	181	6/17/85	2	Louisiana-Lafayette
28	Arrington, J.J.	RB	5-9	212	1/23/83	4	California
52	Beisel, Monty	LB	6-3	244	8/20/78	8	Kansas State
92	Berry, Bertrand	DE	6-3	260	8/15/75	11	Notre Dame
81	Boldin, Anquan	WR	6-1	217	10/3/80	6	Florida State
78	Branch, Alan	DT	6-5	332	12/29/84	2	Michigan
15	Breaston, Steve	WR	6-0	189	8/20/83	2	Michigan
61	Brown, Elton	G/T	6-5	332	5/22/82	4	Virginia
75	Brown, Levi	T	6-5	322	3/16/84	2	Penn State
20	Brown, Ralph	CB	5-10	185	9/16/78	9	Nebraska
93	Campbell, Calais	DE	6-8	282	9/1/86	R	Miami (Florida)
46	Castille, Tim	FB	5-11	242	5/29/84	2	Alabama
58	Dansby, Karlos	LB	6-4	250	11/3/81	5	Auburn
90	Dockett, Darnell	DT	6-4	285	5/27/81	5	Florida State
80	Doucet, Early	WR	6-0	211	10/28/85	R	LSU
11	Fitzgerald, Larry	WR	6-3	220	8/31/83	5	Pittsburgh
47	Francisco, Aaron	S	6-2	207	7/5/83	4	Brigham Young
69	Gandy, Mike	T	6-4	316	1/3/79	8	Notre Dame
5	Graham, Ben	P	6-5	235	11/2/73	4	Deakin (Australia)
25	Green, Eric	CB	5-11	196	3/16/82	4	Virginia Tech
54	Hayes, Gerald	LB	6-1	249	10/10/80	6	Pittsburgh
34	Hightower, Tim	RB	6-0	224	5/23/86	R	Richmond
57	Hobson, Victor	LB	6-0	252	2/3/80	6	Michigan
48	Hodel, Nathan	LS	6-2	238	11/12/77	7	Illinois
26	Hood, Roderick	CB	5-11	198	10/3/81	6	Auburn
91	Iwebema, Kenny	DE	6-4	274	2/6/85	R	Iowa
32	James, Edgerrin	RB	6-0	219	8/1/78	10	Miami (Florida)
72	Keith, Brandon	T	6-5	343	11/21/84	R	Northern Iowa
55	LaBoy, Travis	DE/LB	6-3	250	8/20/81	5	Hawaii
7	Leinart, Matt	QB	6-5	232	5/11/83	3	USC
76	Lutui, Deuce	G	6-4	332	5/5/83	3	USC
87	Morey, Sean	WR	5-11	193	2/26/76	7	Brown
56	Okeafor, Chike	LB	6-5	247	3/27/76	10	Purdue
89	Patrick, Ben	TE	6-3	260	8/23/84	2	Delaware
82	Pope, Leonard	TE	6-8	258	9/10/83	3	Georgia
1	Rackers, Neil	K	6-1	202	8/16/76	9	Illinois
97	Robinson, Bryan	DT	6-4	304	6/22/74	12	Fresno State
29	Rodgers-Cromartie, Dominique	CB	6-2	182	4/7/86	R	Tennessee State
21	Rolle, Antrel	S	6-0	208	12/16/82	4	Miami (Florida)
70	Ross, Pat	C	6-3	300	3/16/83	1	Boston College
63	Sendlein, Lyle	C	6-2	300	3/16/84	2	Texas
94	Smith, Antonio	DE	6-4	285	10/21/81	5	Oklahoma State
45	Smith, Terrelle	FB	6-0	250	3/12/78	9	Arizona State
2	St. Pierre, Brian	QB	6-3	230	11/28/79	6	Boston College
51	Togafau, Pago	LB	5-10	240	1/10/84	2	Idaho State
84	Tuman, Jerame	TE	6-4	253	3/24/76	10	Michigan
85	Urban, Jerheme	WR	6-3	207	11/26/80	5	Trinity
68	Vallejo, Elliot	T	6-7	312	5/17/84	1	Cal-Davis
22	Ware, Matt	S	6-2	215	12/2/82	5	UCLA
13	Warner, Kurt	QB	6-2	218	6/22/71	11	Northern Iowa
98	Watson, Gabe	DT	6-3	332	9/24/83	3	Michigan
74	Wells, Reggie	G	6-4	308	11/3/80	6	Clarion
24	Wilson, Adrian	S	6-3	230	10/12/79	8	North Carolina State

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## **Subject:** Science

### **Lesson Title:** How Much Can Be Recycled at University of Phoenix Stadium?

#### **Goals/Objectives:**

Students Will:

- Explain how technology influences quality of life.
- Discuss how decisions about the use of products can result in desirable or undesirable consequences.
- 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 met:** Science: 6-Science and Technology

#### **Methods/Procedures:**

- Brainstorm a list of objects that accumulate from fans, players and workers at any Cardinals 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 items University of Phoenix Stadium recycles.
- Students can also find out how much of each of these products University of Phoenix Stadium sells at games.
- After compiling all three lists (objects at games, recyclable items, and items recycled at University of Phoenix Stadium) including amount of each product sold, students determine the weight of each recyclable item per Cardinals' game and/or season by designing an item list (see example on page 14).

#### **Materials:**

- Students and teacher created item lists
- Access to the Internet
- Scales for weighing objects



**Assessment:**

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

**Sample Chart**

**University of Phoenix Stadium (Glendale, Arizona)**

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: _____
Game 4	Total Weight: _____	Total Weight: _____	Total Weight: _____	Total Weight: _____

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

# **Subject:** Family and Consumer Sciences

## **Lesson Title:** Career Exploration with the Arizona Cardinals



### **Goals/Objectives:**

Students Will:

- Identify jobs in sports related 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 met:** Career, Community, and Family Connections: 1-Integrate multiple life roles and responsibilities in family, work, and community settings

### **Methods/Procedures:**

Have students complete the career worksheets and activities provided on the following pages:

- Cardinals Careers from A to Z
- Cardinals Career Matching
- Cardinals 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.





# Cardinals Careers from A to Z

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

Family and Consumer Sciences

A

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B

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C

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D

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E

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F

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W

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X

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Y

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Z

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# Cardinals Career Matching



Match the career on the left with the correct description on the right.

- |                             |   |
|-----------------------------|---|
| _____ Players' Agent        | A. Business executive with a product to sell to sports fans.  |
| _____ Game Official         | B. Requires a keen eye, fast reflexes, stamina, self-control, 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.         |
| _____ Sports Promoter       | 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.   |



# Cardinals Career Future

## Family and Consumer Sciences

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 career possibilities with the Cardinals, 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? Yes or no and why?

# **Subject:** Social Studies

## **Lesson Title:** Football Experience - Cardinals History



### **Goals/Objectives:**

- Students will understand the beginnings of football as we know it today.

**National Standards met:** History: 1-Chronological thinking

### **Methods/Procedures:**

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

### **Materials:**

- Access to the Internet
- Access to Cardinals' website at AZCardinals.com
- Access to the Hall of Fame's website at Profootballhof.com
- Cardinals History on page 3.

### **Assessment:**

- Students will be able to verbally share with others more about the rich history of the Arizona Cardinals.





## **Subject: Social Studies**

### **Lesson Title: Cardinals' Team Travel**

#### **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 met:** Geography: 1-Use of maps; 4-Physical and human characteristics of places.

#### **Methods/Procedures:**

- Have students complete the Cardinals' Team Travel worksheet

#### **Materials:**

- Worksheet: Cardinals' Team Travel
- Maps, atlas, online resources
- 2010 Arizona Cardinals Schedule
- Writing utensils and paper or posterboard
- Pushpins and string

#### **Assessment:**

- Students will be assessed on accuracy of responses to worksheet: Cardinals' Team Travel.

# Cardinals' Team Travel



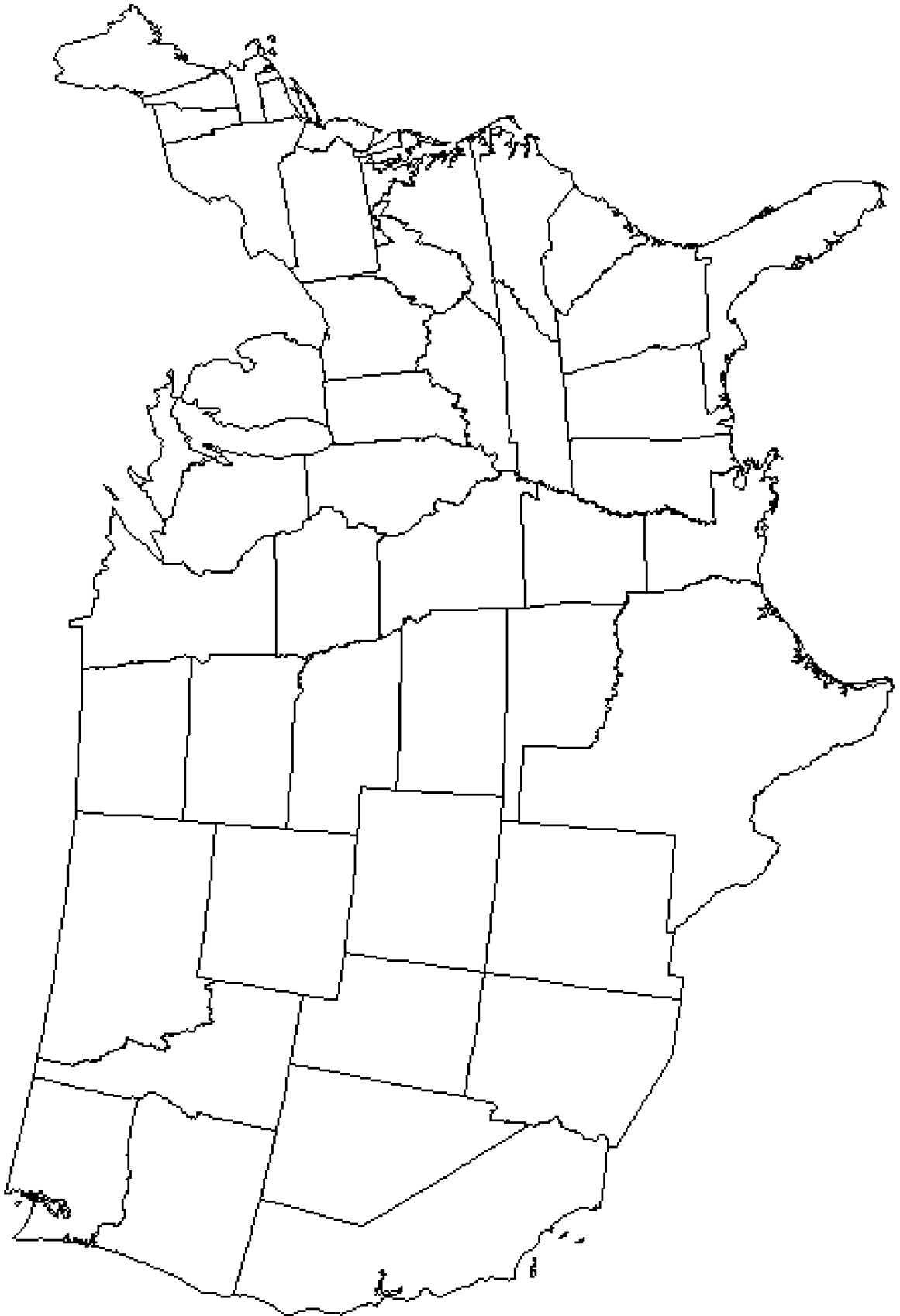
**Using a blank United States map and a 2010 NFL schedule complete the following activities:**

1. Label each individual state on blank map. (map on next page)
2. Label each NFL team in its correct city. On a separate piece of paper, list those states which do not have an NFL team.
3. Secure the map to a piece of cardboard to push pins through. Locate Glendale, Arizona and mark it by attaching a string to a pin and placing the pin on Glendale, Arizona.
4. Refer to a copy of the Cardinals' schedule for the current NFL season (AZCardinals.com). Using the pins and string, locate and mark the Cardinals' away games. How many away games do they play?
5. Determine and keep track of the direction the Cardinals traveled to play their away games.
6. Using an atlas, determine how many miles the Cardinals traveled to each of their away games. How many total miles did the team travel throughout the season?
7. Determine if Glendale is in a different time zone than Canton, Ohio. What is the time difference? If the starting time of a game is 4:00 p.m. in Canton, what time is the game starting in Glendale?
8. Keep a log of the Cardinals' win-loss record for the season plus the number of points they have scored during each game.
9. Did the Cardinals win more home or away games?
10. How many miles is it from Glendale, AZ to Arlington, Texas site of Super Bowl XLV?



# Social Studies

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**Subject:** Geography  
**Lesson Title:** Finding the Cradle of Cardinals Super Bowl XLIII Roster



**Goals/Objectives:**

- Students will understand the relationship between a location and its latitude and longitude coordinates.

**National Standards met:** Geography: 1-Use of Maps

**Methods/Procedures:**

- Students will use the team roster (p. 12) and find the location of their favorite Cardinals players' colleges/universities.

- 1) Write down the name of the Cardinal and the college/university he attended
- 2) Then using the internet find the city and state of that college/university

For example:

- A) Larry Fitzgerald attended University of Pittsburgh
- B) Type University of Pittsburgh in a search engine (www.google.com)
- C) This should give the student the main college website

- The students will write down the City and State of the college/university location.
- Then the students will go to: <http://www.trails.com/maps.aspx>
- Students will search for the center latitude and longitude. Students will type the city name under "Feature Name", select the state and then select cities and towns under "Feature Type."
- Then come together as a group and put it in an Excel sheet as shown below:

Name	City	State	Latitude (N)	Longitude (W)
Larry Fitzgerald	Pittsburgh	Pennsylvania	40.44	79.99

- Then the students will find the center Latitude and Longitude and list in the Excel sheet.
- Students will then go back to <http://www.trails.com/maps.aspx> and type in the center Latitude and Longitude under "Decimal Degrees."
- Students will then click "Locate."
- Students will view the map provided and the city listed to see how cities can be located by their geographic coordinates.
- Students will then research more information on this location.

**Materials:**

- Access to <http://www.trails.com/maps.aspx>
- Access to Google.com
- Paper and writing tool

**Assessment:**

- Students will successfully find the cradle of the Cardinals Super Bowl XLIII roster based on college location.
- Students will deliver a formal presentation on that location.

# Subject: Visual Art

## Lesson Title: Cardinals Jersey Design



### Goals/Objectives:

- The student 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 met:** Visual Arts: 1-Understanding and applying media, techniques, and processes

### Methods/Procedures:

**Note: Use attached illustration as a reference**

- 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 the Cardinals colors (cardinal red, black, and white) or create your own combination. 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 choose. 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 area 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:

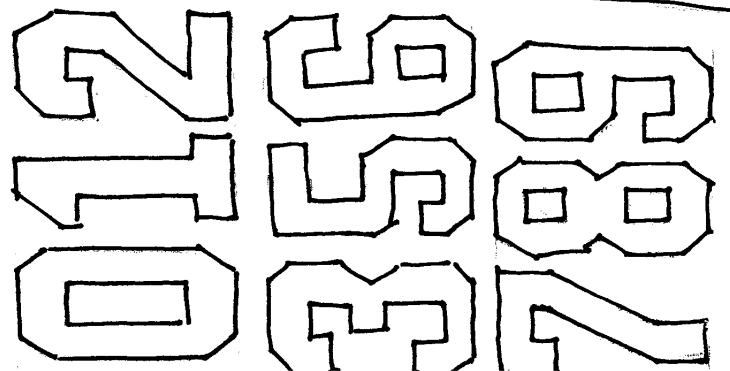
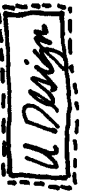
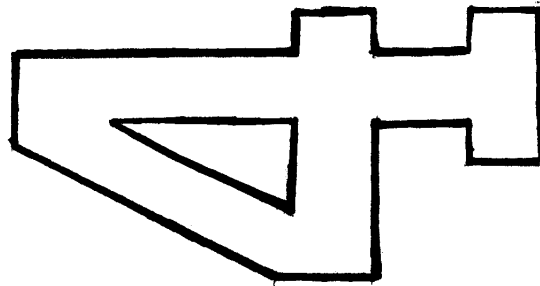
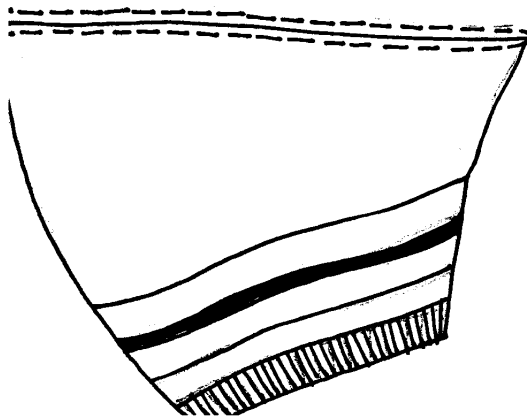
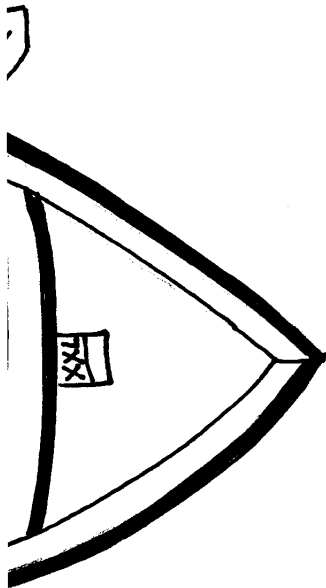
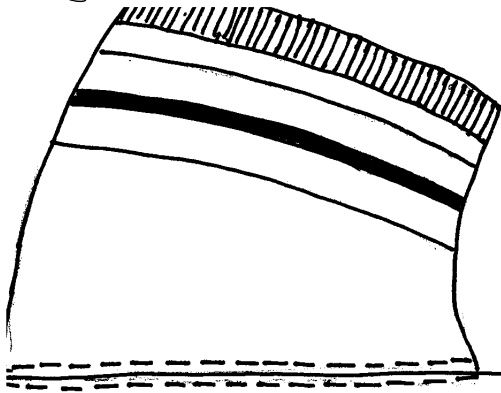
- Ask the student to write an advertisement for his/her jersey, describing the type of fabric that would be used, why the color choices are successful, the durability of the shirt, etc.





# Cardinals Jersey Design

Visual Art



**Subject:** The Internet/World Wide Web & Football  
**Lesson Title:** AZCardinals.com, Profootballhof.com



**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 met:** Technology: 2-Communication and collaboration; 3-Research and information fluency; 4-Critical thinking, problem solving, decision making; 5-Digital citizenship; 6-Technology operators and concepts

**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.
- AZCardinals.com
- Profootballhof.com
- Students can present the information gathered from the lessons to the class.

**Materials:**

- Internet Activity Sheets
- Access to the Cardinals website at AZCardinals.com
- Access to the Hall of Fame's website at 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



Please go to the Cardinals' website at [AZCardinals.com](http://AZCardinals.com) and answer the following questions.

1. Who was the first owner of the Arizona Cardinals?
  
2. In what year were the Arizona Cardinals founded?
  
3. On Thanksgiving Day 1929, which Cardinals star player scored an NFL record 40 points in one game?
  
4. How did the Cardinals' get their nickname?
  
5. Name three Cardinals enshrined into the Pro Football Hall of Fame.
  - A.
  
  - B.
  
  - C.
  
6. Find one article on the site. Summarize that article below.



After finding your way to the Pro Football Hall of Fame website at ProFootballHOF.com, 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 *History of Football* section, find one story about the decade of the 1980s.

Summarize that article below.

3. List two players discussed in the *African Americans in Pro Football* section.

A.

B.

4. Who were the enshrinees in the Class of 2010?

A.

E.

B.

F.

C.

G.

D.

5. What is the maximum number of people that can be inducted into the Pro Football Hall of Fame each year? \_\_\_\_\_



# Subject: Physical Education

## Lesson Title: Even Adrian Wilson Had to Start Somewhere

# Physical Education

### Goals/Objectives:

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

**National Standards met:** Physical Education: 2-Demonstrates understanding of movement concepts, principle, strategies, and tactics; 3-Participates regularly in physical activity; 4-Achieves and maintains a health-enhancing level of 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  
(Few Repetitions)

Push-ups, Sit-ups,  
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  
(Many Repetitions)

Push-ups, sit-ups,  
Chin-ups, Squat thrust, Bench dips, Walking, Jogging (slow, medium or fast) Jump rope

### Materials:

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

### Assessment:

- Students will be assessed on their participation in activities.

# Larry Fitzgerald Wordsack



See how many different words you can make from **Larry Fitzgerald's** name and list them below.

# Larry Fitzgerald

**Miscellaneous**





# Answer Key

## Answer Key

### Conversions in Football p. 10

1. 23,997 feet
2. 3,564 inches
3. 2.13 miles
4. 3,276 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. 960 minutes
10. 112 officials

### Super Bowl Roster p. 11

1. Kurt Warner
2. 82
3. 6
4. 6
5. 3
6. Tim Hightower
7. Brandon Keith - 343 lbs.
8. Michael Adams - 181 lbs.
9. Safety
10. 1147 lbs.

### Cardinals Careers from A to Z p. 16

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

### Career Matching p. 17

- 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

### AZCardinals.com, p. 28

1. Chris O'Brien
2. 1898
3. Ernie Nevers
4. In 1901 Chris O'Brien bought used jerseys from the University of Chicago. The jerseys were faded maroon in color, prompting O'Brien to declare, "That's not maroon, it's Cardinal red!"
5. Answer varies
6. Student's choice

# Answer Key



## Profootballhof.com p. 29

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. Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle, Jerry Rice, Emmitt Smith
5. Seven

## Larry Fitzgerald Wordsack p. 31

Possible Answers:

Age, Aged, Aid, Aide, Air, All, Alter, Art, Ate, Dairy, Dare, Dart, Date, Day, Daze, Deaf, Deal, Dealt, Dear, Delta, Dial, Dig, Dill, Dire, Draft, Drag, Drift, Drill, Ear, Eat, Elf, Fad, Fade, Fail, Fair, Fall, Fat, Fear, Felt, Field, File, Fire, Fired, Frat, Fray, Frail, Fry, Fritz, Gail, Gall, Gate, Gaze, Gear, Gift, Grade, Grail, Graze, Grate, Great, Grill, Grit, Ill, Ire, Lad, Lady, Lag, Laid, Lard, Large, Late, Later, Lateral, Lay, Lazy, Raft, Rage, Raid, Rail, Rare, Rat, Read, Real, Really, Regard, Ride, Rift, Tag, Tale, Tare, Teal, Tear, Tie, Tiger, Tire, Trade, Trait, Yell, Yet, Yield, Zit

Answer Key