

Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: B. Ferguson
Date Reviewed: Spring 2019
C&GE Approved: April 4, 2019
Board Approved: May 8, 2019
Semester effective: Spring 2020

Physical Education (PHED) 1542 Beginning Soccer (1 or 2 units) CSU; UC
[formerly Physical Education 42ABCD]

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 Lab hours (48 Total Student Learning Hours) 1 Unit; 96 Lab hours (96 Total Student Learning Hours) 2 Units

Catalog Description: This is an activity course that introduces the fundamental skills critical to playing soccer.

Type of Class/Course: Degree Credit

Text:

Gatz, Greg. *Complete Conditioning for Soccer*. Human Kinetics, 2009.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Demonstrate the fundamental skills needed to attain success and pleasure from the game,
2. Improve physical fitness,
3. Design an appropriate conditioning program to achieve the optimal conditioning and skill level to play soccer at a high level.

Course Scope and Content

Unit I Warm-up and Cool-down
A. Stretching
B. Jogging
C. Drills

Unit II Offensive Skills
A. Trapping
B. Passing

- C. Dribbling
- D. Movement
- E. Shooting

- Unit III Defensive skills
- A. Defensive stance
 - B. Defensive pressure

- Unit IV Game Play
- A. Patterns of play
 - B. Positional attack
 - C. Team attack

- Unit V Rules of the game
- A. Offense
 - B. Defense
 - C. Transition
 - D. Sportsmanship and ethics

- Unit VI Team strategy
- A. Formations
 - B. Application of strategy

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill Practice,
2. Weight training and conditioning,
3. Observation of high school, college and professional soccer games, and
4. Reading of the textbook.

Methods of Instruction:

1. Demonstration,
2. Oral Instruction, and
3. Performance of Technique.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams,
 - b. Terminology,

- c. Rules of the game, and
- d. Team communication

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	CSE: CSU Area E
Discipline:	Health or PE or Kinesiology or Coaching