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C&GE Approved: May 3, 2019  
Board Approved: June 12, 2019  
Semester effective: Spring 2020

Physical Education (PHED) 1742 Offseason Intercollegiate Soccer (1 or 2 units per semester; limit 8 units) CSU

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 offseason intercollegiate course that that will provide instruction in the fundamental skills of soccer. This course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text: Brown L., Ferrigno V. *Training for Speed, Agility, and Quickness*. 3<sup>rd</sup> ed. Human Kinetics, 2014

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

Additional Instructional Materials: Soccer equipment

Course Objectives:

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

1. Demonstrate improvement in the skills and techniques needed to play intercollegiate soccer, of:
  - a. Trapping
  - b. Passing
  - c. Dribbling
  - d. Movement
  - e. Shooting
2. Apply intercollegiate soccer techniques through game experience, and
3. Improve quickness, strength, and overall conditioning during the offseason.

Course Scope and Content (laboratory):

- Unit I            Offseason Conditioning
- A.    Cardiovascular fitness
  - B.    Quickness
  - C.    Strength
  - D.    Endurance

- Unit II            Essential Offseason Offense
- A.     Trapping
  - B.     Passing
  - C.     Dribbling
  - D.     Movement
  - E.     formations
  - F.     Shooting
- Unit III           Offseason Defense:
- A.     Stance
  - B.     Pressure
- Unit IV           Offseason Game Planning
- A.     Patterns of play
  - B.     Positional attack
  - C.     Team attack
  - D.     Application of strategy
- Unit V            Understand the rules of the game
- A.     Offense
  - B.     Defense
  - C.     Transition
  - D.     Sportsmanship and ethics

#### 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.     Working on individual skills,
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.     Practice of:
  - a.     Individual skills,
  - b.     Game,
2.     Demonstration,
3.     Oral instruction, and
4.     Multimedia.

#### Methods of Evaluation:

1.     Skill demonstrations, including:
  - a.     Skill performance,
  - b.     Terminology,
  - c.     Rules of the game,
  - d.     Team communication, and

e. Scrimmages.  
Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
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:	NONE
Disciplines:	Health or PE or Kinesiology or Coaching