

Course Outline

COURSE: PE 9A **DIVISION:** 40 **ALSO LISTED AS:** KIN 9A

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: FUND OF SOCCER

LONG TITLE: Fundamentals of Soccer

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

COURSE DESCRIPTION:

This course offers basic instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in the fundamental aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 9A, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 1 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will identify and describe equipment needs, and stretching and conditioning methods specific to soccer.

Measure: Demonstration, Exam

ILO: 7, 2, 1

GE-LO: A1, A2

2. The student will demonstrate the basic fundamentals of trapping, passing, shooting, and dribbling.

Measure: Performance

ILO: 7

GE-LO: E1

3. The student will recognize various offensive and defensive situations common to soccer and react accordingly.

Measure: Performance, Observation

ILO: 7, 2, 1

GE-LO: A1, A2, E1

4. The student will explain game rules, basic strategies, and basic offensive and defensive theories.

Measure: Quizzes, Demonstration

ILO: 2, 7, 1

GE-LO: A1, A2

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 9A, effective Fall 2011.

Curriculum Approval Date: 03/08/2010

12 Hours

Introduction. Discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to soccer will be presented. Trapping and Passing. Presentation on the essential fundamentals of trapping and passing, including the stance, foot positions and mechanics involved in each skill. Students who repeat this class will become more proficient in these basic skills through the repetition of the drills in this course.

HW: Students will watch a professional soccer match and write a description of the trapping and passing skills shown.

SPO: Students will demonstrate the proper use of equipment and stretching and conditioning methods specific for soccer. They will demonstrate and explain the basic fundamentals involved in passing and trapping.

8 Hours

Shooting. Basic shooting fundamentals including foot, knee and head positioning and developing a solid shooting movement will be introduced. Dribbling. Presentation on the fundamental mechanics involved in dribbling the soccer ball. Lecture, discussion, video, and guided practice in shooting and dribbling will be provided. Through supervised repetition of the drills, students who repeat this class will become more proficient in these skills.

HW: Students will watch video and live matches and analyze successful shooting techniques. They will make a list of the fundamental skills they observe in the matches. Students will have someone video them so they can evaluate their own dribbling skills.

SPO: Basic shooting fundamentals will be demonstrated by the students. They will be able to analyze the various skills involved in executing all types of dribbling.

16 Hours

Defending. Essential defensive techniques, proper mechanics, and team philosophy will be discussed. Goalkeeping. Introduction of the basic mechanics and techniques involved in goalkeeping as well as the responsibilities. Students will participate in sequential drills. Students who repeat this class will become more skilled defenders. They will become more proficient in the fundamental skills of goalkeeping.

HW: Students will watch live matches and/or video and share observations of defensive techniques with their fellow classmates. They will watch a professional or college match and evaluate the goalkeepers and also watch a video on goalkeeping fundamentals.

SPO: Students will be able to explain and demonstrate defensive techniques. They will demonstrate the proper techniques used in goalkeeping.

8 Hours

Passing and shooting. Chipping, top of the instep, and inside of the instep shooting as well as disguising passes, give-n-go's, overlapping, and feints will be presented. Defending. Zone, man to man, and combination defenses will be presented. Situations, philosophies, and strategies involved in defending will be discussed. Students who repeat this course will become more proficient in executing this skills through supervised repeated practice. They will become more skilled defenders through repetition and practice.

HW: Students will watch a professional or college match and evaluate players skills. They will analyze the effectiveness of these skills. They will track what defense is being utilized and how successful or unsuccessful it is. The adjustments that are or are not being made and how this affects the game outcome will also be noted.

SPO: Students will be able to demonstrate passing and shooting skills in practical game situations. They will participate in drill and scrimmage situations where they will demonstrate their defensive skills.

8 Hours

Systems of play. Introduction of basic systems of play, showing strategy and philosophy. Set plays. Throw-ins and freekicks (both direct and indirect) will be introduced. Students who repeat the class will benefit from the supervised repetition of practice. They will teach a set play that they previously learned to the rest of the class.

HW: Students will watch matches at all levels and evaluate in writing the systems of play in use and how successful or not they were. They will also track the systems and note when adjustments were made and why. They will track the set plays used and evaluate their effectiveness.

SPO: Students will be able to recognize as well as demonstrate the various systems of play. They will apply the appropriate skills necessary to execute set plays.

16 Hours

Laws of the game. Lecture, discussion, and test on the basic rules of soccer. Interclass play. Semester review. Student skills and their ability to execute formations will be evaluated during match play. Students who repeat this class will demonstrate their knowledge of the rules by refereeing scrimmages and making the correct calls depending on the infraction. They will become more proficient in their skills through supervised practice.

HW: Students will analyze a professional match and write their interpretation of the rulings. They will write a critique of the officials. Students will meet outside of class time to review for the written and practical final.

SPO: Students will complete a written test on the rules. They will participate in interclass play where they will demonstrate their skills and they will utilize their knowledge of the rules by refereeing scrimmages.

2 Hours

Final.

METHODS OF INSTRUCTION:

Lecture, demonstrations, guided practices, video-analysis and interpretations, group discussions.

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 10 % to 20 %

Written Homework

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason
Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: % to %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 10 % to 20 %

Multiple Choice

True/False

Matching Items

Completion

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 20 % to 40 %

Course requires participation.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200570

CSU GE:

CSU E1, effective 200570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200570

UC TRANSFER:

Transferable UC, effective 200570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 9A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000435869

Sports/Physical Education Course: Y

Taxonomy of Program: 083500