



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 125A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2026

CURRICULUM APPROVAL DATE: 05/13/2025

SHORT TITLE: SOCCER - BEGINNING

LONG TITLE: Soccer - Beginning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

COURSE DESCRIPTION:

Coeducational activity designed for beginning soccer students. Includes the basic skills and rules. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate dribbling, passing and shooting using the inside of the foot with both the right and the left foot.
2. Utilize the correct techniques when trapping, juggling and heading.
3. Explain and apply the rules of soccer.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Discuss the rules related to throw-ins, corner kicks and free kicks and apply all rules during class activities.
2. Utilize the correct techniques when performing all soccer skills.
3. Demonstrate the correct techniques for juggling and heading. Discuss the rules related to juggling and heading.
4. Discuss and practice the rules related to soccer that have been learned to date.
5. Demonstrate shooting a soccer ball with both the dominant and non-dominant foot.
6. Discuss the rules that relate to the skills of dribbling, passing and trapping.
7. Demonstrate trapping with both the chest and the thigh.
8. Demonstrate the correct passing techniques with both the dominant and non-dominant foot.
9. Demonstrate the soccer skill of dribbling by touching the ball using the inside side of the foot, with both the right and left foot. Practice a variety of dribbling moves.
10. Identify the field markings used in class.
11. Demonstrate stretching and warm-up exercises utilized for soccer.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

3 - 6 Hours

Content: Course overview, including learning outcomes, course requirements and grading. Introduce stretching and warm-up exercises appropriate for soccer. Information including field markings and equipment required, will be provided. Students will become comfortable with the soccer ball and know what it feels like by moving the ball in different ways - side to side/front to back, one foot to the other. The fundamental soccer skill of dribbling will be described and demonstrated, including moves such as stop and go, pullback, step over and scissors.

6 - 12 Hours

Content: Warm-up running, stretching and ball handling drills. Review dribbling with both the strong and weak foot. Introduce passing - using the inside side of the foot and practicing with both the strong and weak foot and trapping - with the chest and with the thigh. Presentation on the rules that relate to dribbling, passing and trapping. The Figure 8 Slalom drill could be used for practice purposes as well as increasing the distance of passes from 5 yards to 10 yards to 20 yards..

4.5 - 9 Hours

Content: Warm-up running, stretching and ball handling drills. Review and practice skills previously introduced and teach shooting, utilizing the inside of the foot. Present the rules related to this skill. Increase the difficulty by combining dribbling and shooting, dribbling passing and shooting and then dribbling, trapping, passing and shooting into small goals. Work on developing all skills with both the dominant and non-dominant foot.

4.5 - 9 Hours

Content: Warm-up running, stretching and ball handling drills. Review skills learned in previous classes. Demonstrate the techniques of juggling and heading. Presentation on the rules related to these skills. Practice all skills using a variety of drills, such as presenting a grid using cones which mimic the field shape where dribbling, partner passing/trapping (example: right foot pass/left foot trap or left foot pass/right foot trap) and shooting can be used.

COURSE CONTENT(Continued):

7 - 16 Hours

Content: Warm-up running, stretching and ball handling drills. Review juggling and heading. Introduction to throw-ins, corner kicks and free kicks including the rules. Continue to work on skill building by practicing the fundamental soccer skills in a variety of drill and 1 v 1 and 2 v 2 activities. Practice the correct rules during all class activities. Skill testing.

2. Hours

Final Exam.

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 30

Evaluation Description

Performance Exams

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple Choice True/False Matching Items Completion Other: short answer

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Class participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E

GAV E1

GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Course Control Number: CCC000568881

Sports/Physical Education Course: Y

Taxonomy of Program: 127000