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 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


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

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:

<table>
<thead>
<tr>
<th>TOP Code:</th>
<th>083550: Intercollegiate Athletics</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAM Priority Code:</td>
<td>E: Non-Occupational</td>
</tr>
<tr>
<td>Distance Education:</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>Funding Agency:</td>
<td>Y: Not Applicable (funds not used)</td>
</tr>
<tr>
<td>Program Status:</td>
<td>I: Program Applicable</td>
</tr>
<tr>
<td>Noncredit Category:</td>
<td>Y: Not Applicable, Credit Course</td>
</tr>
<tr>
<td>Special Class Status:</td>
<td>N: Course is not a special class</td>
</tr>
<tr>
<td>Basic Skills Status:</td>
<td>N: Course is not a basic skills course</td>
</tr>
<tr>
<td>Prior to College Level:</td>
<td>Y: Not applicable</td>
</tr>
<tr>
<td>Cooperative Work Experience:</td>
<td>N: Is not part of a cooperative work experience education program</td>
</tr>
<tr>
<td>Eligible for Credit by Exam:</td>
<td>NO</td>
</tr>
<tr>
<td>Eligible for Pass/No Pass:</td>
<td>C: Pass/No Pass</td>
</tr>
<tr>
<td>Taft College General Education:</td>
<td>NONE</td>
</tr>
<tr>
<td>Disciplines:</td>
<td>Health or PE or Kinesiology or Coaching</td>
</tr>
</tbody>
</table>