

KIN A151: FUTSAL/INDOOR SOCCER LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Designed for men and women with beginning, intermediate, and advanced soccer ability. Students will improve skills through application of rules, theory and study, improve flexibility and endurance training, and participate in drills, Futsal/indoor soccer scrimmages and games. Will explore the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective participation in a Futsal/indoor soccer recreational league.
2. Self-analyze errors in ball skills, game strategies and tactics and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Describe and explain the "Laws of the Game for Futsal".
- 2. Analyze and describe systems of play.
- 3. Demonstrate and perform basic soccer skills.
- 4. Develop knowledge and insight of the game.
- 5. Demonstrate improved endurance and physical fitness.
- 6. Recognize the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle.

Defensive positioning Basic offensive techniques 1v1 moves combination passing crossing and shooting Fundamental ball skills Passing Dribbling Receiving Heading Application of techniques to game situations Defensive tactics Offensive tactics Systems of play

Lab Content

Daily drills as they relate to individual skills and team tactics Daily futsal/ indoor soccer specific training to increase cardiovascular endurance and flexibility Small sided and full sided games

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration of techniques, lecture, discussion, instructor feedback, videos.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

One 2-3 page report. Suggested thesis: futsal/ indoor soccer styles, history of futsal/indoor soccer; Final written exam.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Attendance and participation, progress and demonstration of sportsmanship, written assignment

Required Writing, Problem Solving, Skills Demonstration

One 2-3 page report. Suggested thesis: futsal/indoor soccer styles, history of futsal/indoor soccer; Final written exam.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Federation Internationale de Football Association Laws of the Game for Futsal. Zurich, Switzerland: Hitzigweg II, 1996, latest. 2. Teunissen, Evert. Indoor Soccer, Tactics, Techniques and Teamwork. New York: Sterling Publishing Company, 1997, latest.

Lecture Content

Laws of the game Overview of all basic rules Foul vs not a foul Offsides Basic defensive techniques 1v1, 2v2, small sided Fundamental tackling