

KIN A152: 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 beginning, intermediate, and advanced soccer players. Students will improve skills through application of rules and theory increase flexibility and endurance, and participate in drills, scrimmages and games. This course 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 recreational soccer and participating in soccer leagues.
2. Self-analyze errors in soccer skills and competition strategies and tactics and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Describe and explain the laws of the game
- 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

Lecture Content

Laws of the game Understanding of all the rules Foul vs not a foul Offsides Basic defensive techniques 1v1, 2v2, small sided Fundamental tackling 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 drill as they relate to individual skills and team tactics Daily 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 two-four page report. Suggested thesis: soccer theory, soccer styles, history of soccer and soccer systems; 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

1. Attendance and participation 2. One 2-4 page report on the sport of soccer 3. Progress and demonstration of sportsmanship 4. Written exam

Required Writing, Problem Solving, Skills Demonstration

One two-four page report. Suggested thesis: soccer theory, soccer styles, history of soccer and soccer systems; 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. FIFA Laws of the Game. Zurich: Latest Federation Internationale de Football Association Universal Guide for Referees. Zurich: Latest