

KIN A251: FUTSAL/INDOOR SOCCER LEVEL 2

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 intermediate and advanced soccer players. Students will learn advanced technical ball skills and advanced game tactics for competitive team play. This course will explore the relationship between fitness and health-related topics to improve, be part of, and maintain a wellness lifestyle. ADVISORY: KIN A151. 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 to compete on a competitive futsal/indoor soccer team in an organized league.
2. Self-analyze errors in advanced ball skills and game tactics and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Demonstrate a depth of knowledge of the laws of the game.
- 2. Analyze systems of play for tactical success in full court games.
- 3. Demonstrate and perform advanced futsal and indoor soccer skills.
- 4. Make technical and tactical adjustments for success in competitive games.
- 5. Demonstrate endurance and physical fitness to compete at a competitive level.

Lecture Content

Advanced ball skills Full volleys Half volleys Side volleys Advanced defensive techniques Shadowing Tackling Small sided and full sided defense Advanced offensive techniques Individual attacking moves

Combination passing Crossing and shooting Application of techniques to game situations Defensive tactics Offensive tactics

Lab Content

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

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

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

Two to three page paper comparing two different national teams style of play.

Out-of-class Assignments

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

Demonstration of Critical Thinking

Professional game analysis, written assignment, final exam, attendance and participation

Required Writing, Problem Solving, Skills Demonstration

Performance of advanced soccer skills. Two to three page paper on comparing and contrasting two national teams styles of play.

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. Instructor handouts as necessary