

KIN A252: 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 A152. 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 to participate on competitive soccer team in an organized league.
2. Self-analyze errors in advanced soccer skills and tactical play 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 field games
- 3. Demonstrate and perform advanced 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 rules of soccer Role of the referee, AR1, AR2 Offsides (participation) Direct and indirect free kicks Advanced defensive techniques Shadowing Tackling Small sided and full sided defense Advanced offensive techniques Individual attacking moves Crossing

Finishing Application of techniques to game situations Defensive tactics Offensive tactics

Lab Content

Daily drills as they relate to individual skills and team tactics. Daily soccer specific conditioning, 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 to three page report comparing and contrasting two professional 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 professional 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.