

KIN A259: LACROSSE 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)

Course Description

The course is designed for intermediate and advanced lacrosse players. Students will extend, refine, and apply intermediate and advanced skills and tactics during small, large, and whole game scenarios. Topics will include game applications, intermediate and advanced tactical applications while exploring the relationship between fitness and successful continuous large group and full team game play. 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. Analyze self and peer intermediate and advanced motor skill acquisition through refinement and application of skill scenarios.
2. Explain and refine through a written quiz intermediate to advanced small group and team tactical applications during group and team attacking and defending scenarios.

Course Objectives

- 1. Analyze and evaluate student performance of intermediate and advanced lacrosse skills.
- 2. Model acquisition of intermediate and advanced lacrosse skills for effective participation during large group and whole team game applications.
- 3. Compare and contrast the levels of tactical complexity for intermediate and advanced game applications.
- 4. Work with small group to model defensive applications during attack while defending the goal.
- 5. Explain the anatomical applications related to passing and catching a lacrosse ball.

Lecture Content

Intermediate and advanced skills with a ball Passing and catching with 1 to 2 individuals applying defensive pressure. Passing and catching with a partner with 2 to 3 individuals applying defensive pressure. Working with a small group to restrict attacking movements and defend a space.

Model intermediate and advanced goal keeping skills. Intermediate and Advanced Tactical Application in Scoring. Working with a group to maintain possession while under duress. Attacking the goal with teammates. Creating space in attack with teammates. Using space and improvisation in attack with teammates. Intermediate and Advanced Applications in Preventing Scoring. Working with teammates to defend a space. Working with teammates to defend the goal. Working with teammates to win back ball possession. Restarting Play Working with teammates to cover space and opponents during a restart. Creating movements and plays to attack the goal during a restart. Application of Tactics and Skills Discuss large group team tactics in attack. Discuss large group team tactics in defense. Discuss large group team tactics during restarts.

Lab Content

Motor skill acquisition through refinement and application of intermediate and advanced skills. Group offensive and defensive tactical applications for large groups and team play. Strategical applications during restarting of play, and application of plays during restarts. Daily experiences designed to enhance cardiovascular fitness, flexibility, muscle strength and endurance. Application of rules, skill execution, and tactical movements during small group, large group and full game scenarios.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Skill and tactical demonstrations, lecture, small and large group discussions, peer and instructor feedback, library searches, internet searches, and video analysis of game applications.

Reading Assignments

Students will spend on average 1-2 hours per week reading from the text and assigned readings.

Writing Assignments

Two to three page report that represents a team improvement plan for skill development, group tactics, and team tactics. Report highlighting the development of Lacrosse for diverse populations, and the skills that are taught in these programs.

Out-of-class Assignments

Students will spend on average 1-2 hours per week on out class assignments, including: Readings from text and assigned articles Investigating the historical perspectives of lacrosse as it relates to current programming in orange county and California. Studying the level IV and V tactical applications as it relates to scoring, preventing scoring, and restarting play. Contracting field dimension alternatives and equipment for various groups that participate in lacrosse. Writing reports.

Demonstration of Critical Thinking

Analysis and evaluation of large group and team tactical applications for scoring and preventing of scoring during a game scenario.

Required Writing, Problem Solving, Skills Demonstration

Two or three page report that represents a team game plan with plays, group tactical understanding, restarting scenarios, and skill development strategies for players with no lacrosse experience. Skill demonstration

of intermediate and advanced catching, passing, goal keeping, and defensive positioning.

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.

Textbooks Resources

1. Required Jack Laley and Rich Donovan. Lacrosse Essentials, 1 ed.
Reston VA: Human Kinetics, 2015