

ATHL A240: SOCCER TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. 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 intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Demonstrate advanced soccer skills necessary for intercollegiate competition.
- 2. Demonstrate improvement in her level of physical fitness.
- 3. Set personal and team goals for each game and for the season.
- 4. Develop a personal commitment to athletic excellence.
- 5. Demonstrate positive attitudes and behaviors appropriate to an outstanding athlete.
- 6. Analyze personal performance on and off the field.

Lecture Content

Lab Content

To develop and improve all aspects of the game of soccer. To improve physical fitness. To improve mental toughness. 1. Orientation and

equipment selection 2. Basic skills - Emphasis on skill development and improvement a. Passing the ball b. Collecting c. Dribbling d. Shooting e. Heading f. Trapping and turns g. Fakes h. Penalty kicks 3. Physical Fitness a. Individual drills b. Team drills 4. Offensive and defensive skills a. Basic techniques offense b. Basic techniques defense c. 1 v. 1 situations d. 2 v. 2 situations 5. Small games a. Keep away b. 7 aside 7. Team scrimmage 8. Advanced strategies and tactics 9. Advanced physical fitness a. Individual training without the ball b. Circuit training with balls and soccer drills 10. Video analysis

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Demonstration of skills and strategies supervised practices, reviewing videotapes of games, game performance, instructor feedback.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Demonstration of proficiency in basic and intermediate soccer skills and game performance.

Out-of-class Assignments

Students will spend approximately 5-10 hours on continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Daily student participation, game performance, meeting team obligations.

Required Writing, Problem Solving, Skills Demonstration

Demonstration of proficiency in basic and intermediate soccer skills and game performance.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. FIFA Rule book (revised annually). 2. Handouts provided and distributed by the instructor.