

ATHL A257: SOCCER TEAM - MEN'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 and improve skills necessary for intercollegiate athletic competition in soccer.
- 2. Demonstrate personal commitment to athletic excellence.
- 3. Participate and compete effectively as a member of a team in the athletic experience.
- 4. Set personal goals for improvement.
- 5. Compare skill techniques and correct flaws.
- 6. Analyze personal performance on and off the soccer field.
- 7. Demonstrate personal commitment to good sportsmanship and team play.

Lecture Content

Lab Content

To improve and develop more consistency in all aspects of the game of soccer. To improve and be more knowledgeable in the mental and physical skills of competitive soccer.

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 turn
 - g. Fake
 - 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
5. 1 v. 1 situations
6. 2 v. 2 situations
7. 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. Learning and practicing good sportsmanship
11. Video analysis
12. Preparation and recommendation to participate at a four year college.

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussion, video lectures/analysis, instruction feedback, intensive chalkboard sessions, and soccer practice.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstrations of soccer skills: trapping, passing, heading, dribbling, tackling, throw-ins, and goalkeeping.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, demonstration of soccer skills, practice logs, written evaluation of practice activities and games.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstrations of soccer skills: trapping, passing, heading, dribbling, tackling, throw-ins, and goalkeeping.

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. Laws of the Game. FIFA. United States Soccer Federation Current edition (revised annually).