

# ATHL G249: SOCCER TEAM - WOMEN

Item	Value
Curriculum Committee Approval Date	11/05/2024
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	Yes
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: PE G273. This course is for students who have successfully auditioned for the GWC Intercollegiate soccer team; eligibility auditions will be held during the first week of class. Students must be enrolled in twelve units during the semester in which they participate. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Develop skills necessary for intercollegiate athletics competition in soccer.
3. Develop a personal commitment to athletic excellence.
4. Compete as a member of the soccer team.
5. Apply the concept of accountability to both their teammates and themselves.
6. Exhibit traits of successful people including goal setting, dedication, and hard work.

## Course Objectives

- 1. Utilize techniques to compete in soccer at the intercollegiate level.
- 2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletic soccer.
- 3. Perform, analyze, synthesize, and execute game strategies that are developed over the course of the season.

## Lecture Content

## Lab Content

1. Orientation a. Team requirements and participation b. Academic expectations c. Sportsmanship d. Cooperation 2. Kinesiological principles a. Point of contact, as it relates to angle of shot b. Affect of gravity c. Speed of ball as it relates to length of lever d. Mechanical principles as they related to execution of specific skills e. Use of hyperextension, flexion, extension, and rotation to enhance power and accuracy. 3. Kinesiological principles will be related in the following skills: a. Kicking b. Passing c. Dribbling d. Trapping e. Throw-in f. Volley g. Heading 4. Strategy a. Offensive b. Defensive 5. Strategy and positioning a. Throw in b. Kick-off c. Corner kicks d. Direct free kicks e. Indirect free kicks f. Goal kicks 6. Knowledges a. Rules and scoring b. Etiquette, player and spectator c. Mechanical and kinesiological principles of skill execution as they relate to each athlete's performance d. Terminology e. Safety precautions 7. Rules of the game a. Proper decorum and athlete s responsibilities b. On field behavior c. Strategies and theory 8. Development a. Develop a personal commitment to athletic excellence. b. Develop the mental skills necessary to compete at the intercollegiate athletics level. c. Develop and improve skills related to the game of baseball d. Participate and compete successfully as a member of a team in the athletic experience. 9. Conditioning 10. Treatment and care of injuries

## Method(s) of Instruction

- Lab (04)

## Reading Assignments

3C2A Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport specific content.

## Writing Assignments

## Out-of-class Assignments

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. 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.

## Manuals Resources

1. 3C2A. The California Community College Athletic Association Constitution and Bylaws,, 3C2A , 09-04-2024

## Other Resources

1. Appropriate attire - such as shoes and socks.