

KIN A159: LACROSSE LEVEL 1

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
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)

Course Description

The purpose of this course is to provide an introduction to the basic skills, rules, and game tactics of lacrosse. In addition to skill acquisition, the course will focus on specific stages of skill development during modified games through the use of extending, refining, and application tasks and skills of lacrosse. Topics to be discussed and experienced include stick handling, small group game tactics, rule application scenarios, exercise and conditioning, and active participation. 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 beginning to intermediate motor skill acquisition through refinement and application of skill scenarios.
2. Explain and refine through a written quiz small beginning to intermediate group and team tactical applications during group and team attacking and defending scenarios.

Course Objectives

- 1. Analyze and evaluate student performance of basic lacrosse skills.
- 2. Explain the rules that govern the sport of lacrosse.
- 3. Model acquisition of basic lacrosse skills for effective participation during small and large group play.
- 4. Compare and contrast basic tactical off the ball and on the ball movements during small group activities.
- 5. Explain the physiological benefits from continuous participation in a small group lacrosse activity.
- 6. Model defensive actions against an individual and small groups of attackers.
- 7. Explain the basic skills of goal keeping in lacrosse.

Lecture Content

Rules and Regulations of Lacrosse Rules of passing and catching Rules of movement and fouls Field dimensions, goal areas, safety Basic Skills Handling the ball and lacrosse skick Basic passing and catching skills Basic defensive and goal keeping skills Tactics Basic tactics for on the ball and off the ball movements 2v2, 4v4 small sided applications for offensive and defensive tactics Movement Patterns Movement in Space Passing in Space vs. with and without Pressure Setting up to score with and without the ball Application of skills and tactics to game situations Small group scenarios with and without a goal keeper. Small group games leading to larger group games with and without goal keeper. Sideline Lacrosse Offensive and Defensive Restrictions Multiple Goal Lacrosse with no Goalie

Lab Content

Motor skill acquisition through refinement and application of basic individual skills. Specific offensive and defensive tactical applications for individuals and small groups. Daily movement experiences designed to enhance cardiovascular fitness, flexibility, muscle strength and muscle endurance. Application of rules, skill execution, and tactical movements through individual, small group, and large group game simulations.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Skill and tactical demonstrations, lecture, small and large group discussion and analysis, peer and instructor feedback, video analysis of skill development and tactical applications.

Reading Assignments

Students will spend approximately 1-2 hour per week reading from the text and assigned articles.

Writing Assignments

Two to three page report that represents an individual improvement plan for skill development, individual tactical scenarios, and applications of individual tactics to small and large group experiences. Report highlighting the development of Lacrosse and lacrosse rules for the last 400 years.

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 rules for men's and women's lacrosse and non-contact lacrosse; Investigating the historical perspectives of the sports development and current standing; Studying the tactical complexity for lacrosse as it relates to scoring, preventing scoring, and retarding play; Creating a list of terms, area of play, field dimensions, and outline of rules; Completing written reports.

Demonstration of Critical Thinking

Analysis of tactical applications and decision making for levels of tactical complexity during scoring, preventing scoring, and restarting scenarios.

Required Writing, Problem Solving, Skills Demonstration

Two to three page report that represents an individual improvement plan for skill development, individual tactical scenarios, and applications of individual tactics to small and large group experiences. Report

highlighting the development of Lacrosse and lacrosse rules for the last 400 years. Skill demonstration of stick handling, catching, and passing a lacrosse ball.

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.

Textbooks Resources

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