

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** TEAM 148.3    **TITLE:** Indoor Soccer III  
**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester  
**Method of Grading:** Grade Option (Letter Grade or P/NP)
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU; UC  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    Instruction and practice in the fundamentals of individual and team play including, but not limited to, passing, receiving, dribbling, shielding, shooting and offensive / defensive systems at an advanced level.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. Demonstrate the fundamental skills necessary to perform and progress at an advanced level in the sport of soccer.
  2. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:  
**At an advanced level:**
  1. Perform skills of soccer including, but not limited to, dribbling, passing, and ball control.
  2. Know the history of soccer and be able to apply the Laws in a practical setting.
  3. Understand and apply offensive and defensive tactical themes.
  4. Understand and apply general fitness principles.
  
6. **COURSE CONTENT:**  
**Lab Content:**  
**At an advanced level:**
  1. History of Soccer
  2. Laws of the Game - practical application
  3. Individual Skill development
    1. Passing
    2. Receiving
      1. Feet
      2. Head
      3. Chest
      4. Thigh
    3. Shooting
      1. Left foot
      2. Right foot
    4. Dribbling
      1. Left foot
      2. Right foot
      3. Without pressure
      4. With pressure
  4. Beginning Tactical Themes
    1. Understanding Systems of Play (4-4-2, 4-3-3, 3-5-2)
    2. Defensive Concepts (Individual, Group Defending Principles)

3. Offensive Concepts (Individual and Group)
5. Fitness Principles

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

1. Lecture
2. Lab
3. Activity
4. Directed Study
5. Discussion
6. Individualized Instruction
7. Observation and Demonstration

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Final written examination on the tactical formations employed at various levels and under certain conditions.

**Reading Assignments:**

Instructor generated handouts to supplement instruction and text book reading.

**Other Outside Assignments:**

Students are encouraged to engage in at least one additional day of activity outside of class.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Class Work
4. Exams/Tests
5. Lab Activities
6. Written examination
7. Skills test; pre and post physiological assessment

**10. REPRESENTATIVE TEXT(S):**

Possible textbooks include:

1. Radnedge, Kier. *The Complete Encyclopedia of Soccer*, 1st ed. New York: Carlton Books, LTD, 2010

**Origination Date:** January 2013

**Curriculum Committee Approval Date:** February 2013

**Effective Term:** Fall 2013

**Course Originator:** Joseph Mangan