

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 148.4 **TITLE:** Indoor Soccer IV
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 expert level.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Demonstrate expert level skills necessary to perform and progress 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 expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
At an expert level:
 1. Perform skills of soccer including, but not limited to, dribbling, passing, and ball control.
 2. Know the history of soccer and apply, in a practical setting, the Laws of soccer.
 3. Understand and apply practical applications of offensive and defensive tactical themes.
 4. Understand general fitness principles appropriate to performing soccer.

6. **COURSE CONTENT:**
Lab Content:
At an expert level:
 1. History of Soccer
 2. Laws of the Game - practical applications
 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. 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. Individualized Instruction
6. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Written final examination on selected topics appropriate to an advanced level of understanding of the sport and Laws of soccer.

Reading Assignments:

Instructor generated handouts used to supplement instruction and text book readings.

Other Outside Assignments:

Students are encouraged to participate in at least one additional 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