

College of San Mateo

Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: 1/20/2010

Department: Team Number: 141
Course Title: Beginning Soccer Units: .5 or 1.0
Total Semester Hours Lecture: Lab: 24 or 48 Homework: By
Arrangement:

Length of Course

- Semester-long
 Short course (Number of weeks 6-8)
 Open entry/Open exit

Grading

- Letter
 Pass/No Pass
 Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):
1.5x16/16x.75=1.125 or 3x16/16x.75=2.25 FLC

1. Prerequisite (Attach Enrollment Limitation Validation Form.)
2. Corequisite (Attach Enrollment Limitation Validation Form.)
3. Recommended Preparation (Attach Enrollment Validation Form.)
4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
(Pass/No Pass or letter grade option) Minimum of 24 or 48 lab hours per term. Instruction in individual technique including passing, trapping, dribbling and shooting. Small group drills will be included with a development of large sided tactics and games. (AA: Area E4, CSU, UC*)
5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
Instruction in individual technique including passing, trapping, dribbling and shooting. Small group drills will be included with a development of large sided tactics and games. Pass/No Pass or letter grade option. (AA: Area E4, CSU, UC*)
6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:
Demonstrate the fundamental skills of dribbling, passing, shooting and trapping.
Understand and demonstrate comprehension of soccer "laws"
Demonstrate basic comprehension of the strategies of the game

Demonstrate an improved level of fitness by having a shorter recovery time following strenuous exercise, improved flexibility and endurance
Cooperate in activities with diverse groups

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.*)
Same as SLO's

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)
 - A. Individual techniques
 1. Dribbling
 2. Passing
 3. Trapping
 4. Shooting
 5. Heading
 - B. Fitness fundamentals
 1. Stretching
 2. Aerobic conditioning
 3. Anaerobic conditioning
 - C. Small Sided group activities
 1. Possession
 2. Spacing
 3. Body position
 4. Ball movement
 - D. Tactics
 1. Offense
 2. Defense
 - E. Laws of the Game
 1. Major infractions (the 9 fouls)
(kicking, tripping, holding, pushing, charging, striking, jumping into, handling ball, contact)
 2. Minor infractions (the 4 fouls)
(Dangerous Play, impeding progress of opponent, unsporting behavior, preventing GK from releasing ball)
 3. Other laws
 - a. Field of play
 - b. Size of the ball
 - c. Duration of play
 - d. Substitutions
 - e. Entering and exiting the field of play
 - f. Ball in and out of play
 - g. Players Equipment
 - h. Officials
 - i. Goal kick, corner kick, throw-in
 - j. Restarts

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by**

arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.)

Demonstration of various individual moves and skills necessary to be successful

Demonstration of small sided group tactical simulations

Demonstration of utilizing skills acquired without pressure

Demonstration of utilizing skills acquired under pressure

Instructor will give short talks on the various strategies utilized in game

Utilization of small sided games to acquire many touches on the ball

Utilization of large sided games to understand tactical dynamics associated with the game.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

Students will be evaluated in the following areas:

1. Progressive skill development
2. Skills test
3. Participation
4. Knowledge of laws of the game
5. Fitness Test

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Required: FIFA Laws of the Game

Recommended: How Soccer Explains the World - Franklin Foer

Harper Perennial, 2005

Prepared by:

(Signature)

Email address:

Submission Date: _____