

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** TEAM 148.1 **TITLE:** Indoor Soccer I
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
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 a beginning 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 a beginning level in the sport of soccer.
 2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.

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

6. **COURSE CONTENT:**
Lab Content:
At a beginning level:
 1. History of Soccer
 2. Laws of the Game
 3. Individual Skill development
 - A. Passing
 - B. Receiving
 - a. Feet
 - b. Head
 - c. Chest
 - d. Thigh
 - C. Shooting
 - a. Left foot
 - b. Right foot
 - D. Dribbling
 - a. Left foot
 - b. Right foot
 - c. Without pressure
 - d. With pressure
 4. Beginning Tactical Themes
 - A. Understanding Systems of Play (4-4-2, 4-3-3, 3-5-2)
 - B. Defensive Concepts (Individual, Group Defending Principles)
 - C. Offensive Concepts (Individual and Group)

5. Fitness Principles

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Written exam on the laws of the game

Reading Assignments:

Instructor generated handouts to supplement instruction and text

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:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination
- G. Skills test; pre and post physiological assessment

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

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

Other:

- A. Instructor generated handouts.

Origination Date: February 2017

Curriculum Committee Approval Date: April 2017

Effective Term: Fall 2017

Course Originator: Andreas Wolf