

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 148.4 **TITLE:** Indoor Soccer IV
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 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 one or more: 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
 - 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. 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. Directed Study
- E. Individualized Instruction
- F. 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 expert 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:

- 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