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Physical Education (PHED) 1510 Women's Intercollegiate Soccer (2 Units; limit 4 Units) CSU:UC
[formerly Physical Education 10A]

Advisory: Experience in playing competitive soccer is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text:

Brown L. and V. Ferrigno. *Training for Speed, Agility, and Quickness*. 2nd ed. Champaign, IL: Human Kinetics, 2005. Print.

Gatz, G. *Complete Conditioning for Soccer*. Champaign, IL: Human Kinetics, 2009. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. participate effectively in a team sport,
2. participate competitively, and
3. further athletic abilities in soccer.

Course Scope and Content:

Unit I Training and Conditioning for Soccer

- A. Cardiovascular fitness
- B. Quickness
- C. Strength
- D. Endurance

Unit II Basic Skills Performed in Soccer

- A. Trapping
- B. Passing
- C. Dribbling

- D. Movement
- E. Formations
- F. Shooting
- G. Stance
- H. Pressure

Unit III Rules

- A. Offense
- B. Defense
- C. Transition
- D. Sportsmanship and ethics

Unit IV Team Strategy

- A. Patterns of play
- B. Positional attack
- C. Team attack
- D. Application of strategy

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice
2. Working on individual skills,
3. Studying multimedia presentations, and
4. Reading of the textbook.

Methods of Instruction:

1. Practice of basic skills and techniques
2. Basic training programs
3. Practice games
4. Intercollegiate competition
5. Oral instruction and
6. Multimedia

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams
 - b. Rules of the game
 - c. Soccer terminology