



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 60ABC
Descriptive Title: Women's Intercollegiate Soccer Team

Course Disciplines: Physical Education
or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction, training, and practice in the advanced techniques of soccer and the opportunity for intercollegiate competition. Student athletes may compete against conference schools and other colleges.

Note: This course is offered in the fall semester only.

Conditions of Enrollment: Recommended Preparation
High school varsity experience or equivalent skill

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 10.00 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Student will demonstrate the task of proficiency in an appropriate free (direct) kick from a specified area of the playing field in an attempt to score a goal.
2. Students will demonstrate the task of proficiency in utilizing a "wall pass" to beat a man vs. man defense.
3. Student will explain and demonstrate proficiency in performing a "short" corner kick with a team mate, and creating a scoring opportunity.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Compare strengths and weaknesses of the technical skills related to soccer, such as ball control, passing, shooting, heading, and dribbling.

Class Performance

2. Analyze individual and team tactics of an opponent and then evaluate appropriate strategies to counter tactical strengths and exploit weaknesses.

Class Performance

3. Evaluate field positioning and strategy between an attacking offense and pressure defense.

Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	10	I	Orientation Pre-season fitness Evaluation of players
Lab	10	II	Conditioning Steady pace training Rhythm drills Aerobic fitness Anaerobic fitness
Lab	10	III	Technical skills Passing (use of both feet) Ball control Heading practice
Lab	10	IV	Dribbling skills For possession (defense or offense) For penetration (offense)
Lab	10	V	Defensive skills Positioning Man to man

			Tracking from side Tracking from the front
Lab	10	VI	Small group game skills 1 versus 1 2 versus 1 2 versus 2 3 versus 2 3 versus 3 (small groups leading to 11 versus 11)
Lab	10	VII	Aerobic fitness Anaerobic fitness Repetition training
Lab	10	VIII	Set plays Re-starts Throw-ins Corners Direct and indirect kicks
Lab	20	IX	Functional training for positional players Wingers Strikers Goalkeepers Defenders
Lab	20	X	Principles of play Offensive Defensive
Lab	20	XI	Styles of play Attacking defensive Low pressure High press
Lab	20	XII	Systems of play Shifting offensive systems Defensive systems
Lab	20	XIII	Game strategy and tactics
Total Lecture Hours		0	
Total Laboratory Hours		180	
Total Hours		180	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Analyze an opponents system of play and design an opposing plan. Verbally explain how to exploit any weaknesses.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Examine and verbally explain a 5 versus 3 attacking situation and evaluate how it can be exploited to give the attacking "5" a scoring opportunity.
2. Evaluate and verbally explain the role of a "sweeper" in a low-pressure defensive system.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

Other (specify):

Intercollegiate competition, tournaments, and practice

V. INSTRUCTIONAL METHODS

Demonstration

Multimedia presentations

Other (please specify)

Skill demonstrations of all offensive and defensive positions

Video analysis of practice and all competitions

Review and critique performance during competition

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparations (Course and Non-Course)
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Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills
Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Bob Myers on 09/01/1989.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 05/22/2017

Last Reviewed and/or Revised by John Britton on 03/25/2011