



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 74A  
**Descriptive Title:** Beginning Soccer

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course will provide instruction for beginning soccer players. Technical skills taught will include passing, controlling the ball, heading, shooting, tackling, and dribbling the soccer ball. Basic soccer strategies will be introduced and students will gain a working knowledge of the Laws of Soccer. Students will learn the importance of fitness in order to be able to perform the technical aspects of soccer.

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**CSU GE:** E - Lifelong Understanding and Self-Development  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**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 attempting to score a goal from a direct free kick from a specified area of the playing field.
2. Students will demonstrate in taking a corner kick and delivering the soccer ball into a specified taret area in the penalty box.
3. Student will identify the "Laws of the Game" and explain the rules and the regulations governing the sport.

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. Demonstrate basic kicking techniques for passing, shooting and controlling the soccer ball.

Class Performance

2. Demonstrate basic heading techniques for attacking, defending and "shooting".

Class Performance

3. Apply the Laws of Soccer during game-like situations.

Quizzes

4. Understand game tactics and strategies for offensive and defensive play.

Oral exams

5. Understanding specific conditioning programs for soccer to improve play and injury prevention.

Class Performance

6. Demonstrate basic tackling skills and defensive positioning.

Class Performance

7. Differentiate between the various positions on the team and the strategy involved in both offensive and defensive play.

Class Performance

8. Exhibit technical and positional goalkeeping skills.

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	2	I	INTRODUCTION TO BEGINNING SOCCER A. History B. Equipment C. Safety

Lab	2	II	<b>LAWS OF THE GAME</b> A. Direct fouls B. Indirect fouls C. Offsides D. Restarts for Out of Bounds E. Drop balls
Lab	8	III	<b>TECHNICAL SKILLS</b> A. Passing B. Ball control C. Heading D. Shooting E. Tackling F. Dribbling
Lab	4	IV	<b>SHOOTING AND GOALKEEPING SKILLS</b> A. Inside of foot B. Outside of foot C. Volleying D. Ball handling E. Positioning
Lab	6	V	<b>ATTACKING AND DEFENDING SKILLS</b> A. Combination plays B. Defensive positions based on angle and distance
Lab	6	VI	<b>TECHNICAL, TACTICAL, FUNCTIONAL TRAINING</b> A. Counter attacking B. Wing play C. 6 versus 4 using extra attacker to create scoring opportunities D. Zonal marking
Lab	4	VII	<b>SOCCER CONDITIONING</b> A. Warm-up and stretching B. Sprinting and distance work C. Agility and coordination work
Lab	6	VIII	<b>BASIC SYSTEMS OF PLAY</b> A. 4-4-2 B. 4-3-3
Lab	16	IX	<b>FULL SIDED COACHED GAMES</b> A. 11 versus 11 B. Technical skills C. Etiquette D. Tactics
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	

#### **IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS**

##### **A. PRIMARY METHOD OF EVALUATION:**

Skills demonstrations

##### **B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Demonstrate to instructor accuracy in passing a soccer ball a distance of 20 yards.

##### **C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. In a two-on-two situation, demonstrate how you would use a "wall pass" to beat the two defenders in combination play.
2. Explain to your instructor strategies used when defending your goal from a direct free-kick. Describe positioning of the wall and the goalkeeper given two different angles and distances.

##### **D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Oral exams

Quizzes

Class Performance

Completion

Matching Items

True/False

#### **V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Group Activities

Laboratory

Lecture

Multimedia presentations

Role Play

Simulation

**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: 0**

**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
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Robert Mays on 11/01/1972.

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 11/20/2017**

**Last Reviewed and/or Revised by John Britton on 02/06/2017**