



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	60abc
Descriptive Title:	Women's Intercollegiate Soccer Team
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Coaching, Physical Education
Catalog Description:	<p>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.</p> <p>Note: This course is offered in the fall semester only.</p>
Prerequisite:	
Co-requisite:	
Recommended Preparation:	High school varsity experience or equivalent skill
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	10
Outside Study Hours:	0
Total Course Hours:	180
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	

	Other:
	IGETC:
	Term:
	Other:
<p>Student Learning Outcomes:</p>	<p>SLO #1 Free Kick</p> <p>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.</p> <p>SLO #2 Wall Pass</p> <p>Students will demonstrate the task of proficiency in utilizing a "wall pass" to beat a man vs. man defense.</p> <p>SLO #3 Short Corner Kick</p> <p>Student will explain and demonstrate proficiency in performing a "short" corner kick with a team mate, and creating a scoring opportunity.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Compare strengths and weaknesses of the technical skills related to soccer, such as ball control, passing, shooting, heading, and dribbling. 2. Analyze individual and team tactics of an opponent and then evaluate appropriate strategies to counter tactical strengths and exploit weaknesses. 3. Evaluate field positioning and strategy between an attacking offense and pressure defense.
<p>Major Topics:</p>	<p>I. Orientation (10 hours, lab)</p> <ol style="list-style-type: none"> A. Pre-season fitness B. Evaluation of players <p>II. Conditioning (10 hours, lab)</p> <ol style="list-style-type: none"> A. Steady pace training B. Rhythm drills C. Aerobic fitness D. Anaerobic fitness <p>III. Technical skills (10 hours, lab)</p> <ol style="list-style-type: none"> A. Passing (use of both feet) B. Ball control C. Heading practice <p>IV. Dribbling skills (10 hours, lab)</p> <ol style="list-style-type: none"> A. For possession (defense or offense) B. For penetration (offense) <p>V. Defensive skills (10 hours, lab)</p> <ol style="list-style-type: none"> A. Positioning Man to man

	<ul style="list-style-type: none"> B. Tracking from side C. Tracking from the front <p>VI. Small group game skills (10 hours, lab)</p> <ul style="list-style-type: none"> A. 1 versus 1 B. 2 versus 1 C. 2 versus 2 D. 3 versus 2 E. 3 versus 3 (small groups leading to 11 versus 11) <p>VII. Aerobic fitness and anaerobic fitness (10 hours, lab)</p> <ul style="list-style-type: none"> A. Repetition training <p>VIII. Set plays (10 hours, lab)</p> <ul style="list-style-type: none"> A. Re-starts B. Throw-ins C. Corners D. Direct and indirect kicks <p>IX. Functional training for positional players (20 hours, lab)</p> <ul style="list-style-type: none"> A. Wingers B. Strikers C. Goalkeepers D. Defenders <p>X. Principles of play (20 hours, lab)</p> <ul style="list-style-type: none"> A. Offensive B. Defensive <p>XI. Styles of play (20 hours, lab)</p> <ul style="list-style-type: none"> A. Attacking defensive B. Low pressure C. High press <p>XII. Systems of play (20 hours, lab)</p> <ul style="list-style-type: none"> A. Shifting offensive systems B. Defensive systems <p>XIII. Game strategy and tactics (20 hours, lab)</p>
Total Lecture Hours:	0
Total Laboratory Hours:	180
Total Hours:	180

Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	During a game situation, demonstrate the task of proficiency in utilizing a "wall pass" to beat a two versus two defense.
Critical Thinking Assignment 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.
Critical Thinking Assignment 2:	Evaluate and verbally explain the role of a "sweeper" in a low-pressure defensive system.
Other Evaluation Methods:	Class Performance, Other (specify)
Instructional Methods:	Demonstration, Multimedia presentations, Other (specify)
If other:	Skill demonstrations of all offensive and defensive positions Video analysis of practice and all competitions Review and critique performance during competition
Work Outside of Class:	Course is lab only - minimum required hours satisfied by scheduled lab time
If Other:	
Up-To-Date Representative Textbooks:	
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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the corresponding course objective under each skill(s).	
Requisite Skill:	High school varsity experience or equivalent skill
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	<p>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.</p> <p>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.</p>
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Bob Myers
Date:	09/01/1989
Original Board Approval Date:	
Last Reviewed and/or Revised by:	John Britton
Date:	02/28/2023
Last Board Approval Date:	07/17/2023 effective FALL 2024