



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 61abc
Descriptive Title: Off-Season Training for Women's Intercollegiate Soccer Team
Course Disciplines: Physical Education or Coaching
Division: Health Sciences and Athletics

Catalog Description:

This course provides instruction and practice in the advanced techniques of soccer. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

Note: This course is offered in the spring semester and summer session only.

Conditions of Enrollment:

Recommended Preparation: High school varsity experience or equivalent skill.

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

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: X Effective Date: Prior to July 1992
Transfer UC: X 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. Students will demonstrate proficiency in volleying the soccer ball with the instep of both feet when passing or shooting a goal.
2. Students will demonstrate proficiency in “defensive” heading, from soccer balls fed into the penalty box from offensive players.
3. Students will demonstrate how to set up a defensive wall to prevent a scoring opportunity from a direct free kick and be able to explain how many defenders are required in the defensive wall, depending on the location of the kick.

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. Evaluate the strengths and weaknesses of opposing central defenders, and determine methods of exploiting the weakest area of the defense.

Class Performance

2. Analyze the differences in techniques for heading at goal, heading to clear defensively, and heading for possession.

Class Performance

3. Compare the technical skills for all aspects of shooting at goal from various dead ball situations.

Class Performance

4. Design an off-season soccer strength and conditioning program utilizing a combination of soccer drills and running workouts (aerobic and anaerobic training).

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	Course Orientation A. Player evaluations B. Laws of the game
Lab	5	II	Passing and Controlling The Ball A. Footwork B. Upper body technical skills C. Lower body technical skills D. Dribbling techniques
Lab	4	III	Shooting A. Inside the foot B. Outside the foot C. Dead ball shooting D. Volleys E. Half volleys
Lab	2	IV	Crossing and Heading The Ball A. To score B. To clear away defensively C. To keep possession
Lab	4	V	Goalkeeping A. Stance B. Positioning C. Handling skills D. Setting up wall E. Interval training for goalkeepers
Lab	6	VI	Tactical Functional Training A. Defenders 1. Tackling techniques B. Strikers 1. Sprints C. Wingers 1. Sprints D. Mid-Fielders 1. Sprints
Lab	8	VII	Offensive Principles of Play A. Mobility and movements to create space B. Width-depth of attacking players C. Penetration/finishing D. Sprints
Lab	8	VIII	Styles of Play A. Attacking 1. Direct 2. Indirect B. Defensive

			1. Low pressure 2. High pressure
Lab	7	IX	Aerobic and Anaerobic Conditioning A. Bounding and hopping drills B. Stair running C. 2 on 2 shooting drills D. Sprints
Lab	8	X	Class Scrimmage Games A. Full 11 versus 11 structured games B. Small sided functional games
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Describe and demonstrate the basic soccer skills of passing, heading, inside and outside the foot shooting, and defending, including goalkeeping.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Analyze the kicking mechanics and body position of players crossing the ball from the outside wing positions towards the goal. Identify faults and provide corrective action.
2. Design three set plays for an indirect free kick 25 yards from the goal that will involve a decoy run and end with an opportunity to score.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

V. INSTRUCTIONAL METHODS

Multimedia presentations

Other (please specify)

Skill demonstrations of all offensive and defensive positions

Video analysis of each student

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 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
High school varsity experience or equivalent skill

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Norm Jackson on 09/01/1989.

BOARD APPROVAL DATE: 03/12/1990

LAST BOARD APPROVAL DATE: 12/17/2018

Last Reviewed and/or Revised by: John Britton

Date: 9/10/2018

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