

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Casey Mazzotta	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	137	Individual and Group Sports: Soccer

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 137 Individual and Group Sports: Soccer is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels. These levels will be assessed throughout the semester and is identified within the course objectives and lab content (GELO4). Students will learn and apply valuable information regarding their personal health and wellness by evaluating their personal diet and the impact this will have on their lifestyle and overall fitness which is identified within the course content and the course learning objectives (GEL03).
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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.00

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is a co-educational soccer class designed to develop physical fitness,soccer skill performance, player confidence, rule interpretation, comprehension of strategy and field communication.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course will introduce the basic rules, skill competencies, and soccer strategies. Improved fitness levels, communication skills and competitive sport philosophy will be developed.

Need for the course:

This class will provide transferable units to CSU and UC colleges. Providing this class will diversify the Physical Education program currently offered by MSJC. In providing this class students at the Meniffee campus will be able to use the existing facilities at Wheatfield Park and the planned soccer fields on campus. This course fulfills part of the GE requirement in Area E of Plan A and is also transferable to CSU/UC with a max transfer of 4 units in physical education.

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Improve cardiovascular fitness level.
 2. Exhibit improved soccer skill technique and sprinting speed.
 3. Appraise body composition and flexibility levels.
 4. Appraise their knowledge of the rules, terminology, typical injuries, history, and strategies as they relate to soccer.
 5. Practice the basic skills of soccer and perform these same skills with an adequate degree of competence.
 6. Analyze a live or televised soccer match and reflect this analysis in a written report.
 7. Evaluate a 20-minute scrimmage through the use of officiating techniques.
 8. Develop and implement a 40-minute practice plan.
 9. Compose a personalized written teamwork and coaching philosophy.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

- 1) Classroom Activities

- Instructional videos stressing proper techniques used in kicking, dribbling, passing, shooting, heading, ball control and other basic skills
 - Game film analysis
 - Lecture on instructional methods, drill development, practice organization, physical and mental conditioning, positive health practices and game strategies
 - Rules of the game

2) Physical Conditioning

- Static stretching
 - Aerobic exercises
 - Anaerobic exercises
 - Weight training

3) Nutrition and Diet

- diet analysis
 - principle of hydration
 - development of an eating play
 - application to sport and lifestyle

4) Skill Development

- Kicking
 - Place
 - Drop
 - Inside
 - Outside
 - Passing
 - Ground
 - Inside
 - Outside
 - Instep
 - Lofted/chipped
 - Dribbling
 - Feinting
 - Dodging
 - Speed dribble
 - Speed with change of pace

- Screening the ball
- Heading
- For height
- For distance
- For power
- For direction
- For shot on goal
- Back head and flick pass
- Diving header
- Throw-in
- Overhead bicycle kick
- Ball Control Techniques
- Trapping ground balls
- With sole of foot
- With inside of foot
- With outside of foot
- Air Balls
- With sole of foot
- With inside of foot
- With outside of foot
- Types of traps
- Toe
- Instep
- Thigh
- Chest
- Head
- Juggling
- With instep
- With inside and outside of foot
- With chest , head, and thigh
- Shooting
- Full instep
- Instep power shot
- Banana shot
- and side volleys

5) Recurrent Skill Measurement

- Dribble and obstacle course for time
- Kicking for accuracy and distance
- Heading ball into goal
- Passing for accuracy and distance
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6) Selected drills from the simple to the complex for the development of advanced soccer skills designated previously under III Skill Development

7) Application of game strategies, concepts and theories and application of the rules of soccer

- Tactical game situations
- Scrimmages
- Games to improve techniques
- Offensive strategies
- Defensive strategies
- 8) Development of the Goalkeeper
- Gathering ground balls
- Gathering high balls

- Punching
- Diving
- Understanding angles
- Clearing the ball

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Activity
Integration: Active participation will be used in drills incorporating the use of basic skills of passing, shooting, trapping, heading, throw-ins, and goal-keeping.
- **Method:** Observation and Demonstration
Integration: Observation and demonstration will be used to show correct skills and techniques as well as common errors associated with soccer skills.
- **Method:** Projects
Integration: Projects will be used to incorporate and apply a designed soccer practice plan and presentation to the class.
- **Method:** Individualized Instruction
Integration: Individualized instruction will be accomplished while observing and instructing students individually as they practice soccer using the ball machine, agility drills, skill drills and game scenarios.
- **Method:** Film/video Viewing and Discussion
Integration: Video presentations will expose students to updated soccer skills, aspects on team development, rules and history of the game, and the development of specific skills.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Exams/Tests
Integration: Testing of fitness levels will be measured by using the Rocport Mile, 100 yard dash timed, body composition measurement and flexibility equipment.
- **Method:** Quizzes
Integration: Quizzes will reflect the students' knowledge of soccer as it pertains to the rules, terminology, injury prevention and basic strategies.
- **Method:** Class Performance
Integration: Class performance will be measured using skills tests and application of techniques of soccer.
- **Method:** Papers
Integration: A written paper of 2 to 3 pages will be used to critique a live or televised soccer match. A rubric will be used to score the paper.
- **Method:** Group Projects
Integration: Class work will incorporate officiating a 20-minute soccer scrimmage with one partner. A skill rubric will be used to evaluate the student's performance while officiating.
- **Method:** Projects
Integration: Projects that will include a 40-minute practice plan and a personalized teamwork and coaching philosophy will be submitted. A rubric will be used to evaluate the project and presentation.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Research effective practice planning and create a 40-minute written practice plan that will incorporate the following components:
 1. Warm-up

	1. Correct stretches 2. Updated running drills 3. Updated soccer skill drills 4. Skill Drills
	2. Passing 3. Shooting 4. Heading 5. Goal keeping 6. Tackling 7. Strategy 8. Defense 9. Offense 10. Special situations 11. Game simulation
	1. Team communication 2. Strategies
	1. Written requirements for Practice Plan
	1. Bibliography of research. 1. Written Practice Plan of 2-3 pages in length.
	1. Evaluation of Practice Plan
	1. Implementation of this plan during class. 2. Peer and instructor evaluation of practice plan.
	2. Written critique a game video or live game.
	A. Submit a 2-3 page report including the following components:
	1) What did they do during their warm up and on the sidelines? 2) What did you notice about each team?
	a) offense b) defense c) goalkeeper
	3) Who won the match and why? 4) Which team appeared to be more skilled and more fit? What specific indications?

Textbooks:

• Hargreaves, A. (2019). <i>Skills & Strategies for Coaching Soccer 2nd Edition</i> Human Kinetics. ISBN: 9781492578611

Other Resources:

Minimum Qualification

• Kinesiology (Masters Required) or • Physical Education (Masters Required)
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