

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 170A – Beginning Soccer

1 hour lecture, 1 unit
1 hour laboratory, 0 units
Total units: 1 unit

Catalog Description

Basic skills and strategy of soccer with an emphasis on team play and individual skills.

Prerequisite

None

Course Content

- 1) Introduce and practice individual soccer skills
- 2) Develop 2 on 1 and 3 on 2 soccer
- 3) Explain and practice give and go, pass through, centering and crossing soccer play
- 4) Develop the 11 on 11 concepts with emphasis on team play

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, use of terminology, and scoring for soccer.
- 2) Describe how principles learned in class may be applied to improve the five basic components of fitness: cardiovascular endurance, muscle strength, muscle endurance, flexibility, and body composition.
- 3) Demonstrate the following soccer skills: ball handling, dribbling, shooting, trapping, heading and passing at the beginning level.
- 4) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout the lifespan.
- 5) Evaluate offensive and defensive tactics to determine game strategies.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics and strategies of play for soccer at the beginning level and how they apply to both recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency and improvement in play from beginning to intermediate level.
- 3) Objective assessment of student participation and performance in soccer competitions and tournaments based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and health throughout the lifespan.

Special Materials Required of Student

Proper attire

Minimum Instructional Facilities

Soccer field/goals, regulation soccer balls

Method of Instruction

- 1) Lecture and demonstration
- 2) Laboratory practice

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** goals paper, fitness log, and more.
- 3) **Other:** analysis of competitive soccer (as seen live and in available media).

Texts and References

- 1) Required (representative example): International Football Association Board. (2025). Laws of the Game 2025/26. The International Football Association Board.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate the following skills at the beginning level: ball handling, dribbling, shooting, trapping, heading and passing.
- 2) Identify correct soccer rules.
- 3) Correctly demonstrate the following elements: two on one and three on two soccer, give and go, pass through, centering, and crossing.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate proper technique in dribbling, passing, receiving, and shooting at the beginning level.
- 2) Describe the basic rules of soccer, including the function of key field markings (e.g., goal area, penalty area, center circle, sidelines), and explain what actions or plays typically occur in each designated area.
- 3) Apply basic offensive and defensive strategies in small-sided games, including positioning as ball carrier as well as first defender.