

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 170B – Intermediate Soccer

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

Catalog Description

Intermediate soccer skills and team play with an emphasis on techniques, team strategy, language and lore of the game of soccer.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 170A or equivalent

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Demonstrate the following skills at beginning level: ball handling, dribbling, shooting, trapping, heading, 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, crossing.

Course Content

- 1) Overview of the soccer game emphasizing its history and value
- 2) Intermediate level soccer skills, techniques and strategies; safety factors

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 cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition; the five basic components of fitness.
- 3) Demonstrate the following soccer skills: ball handling, dribbling, shooting, trapping, heading and passing at intermediate 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 one's life.
- 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 intermediate level and how they apply to both recreational and competitive games.
- 2) Objective testing that measures students' skills proficiency in footwork and strategy at the intermediate level of soccer and improvement in play to intermediate status.
- 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: Latham, A. (2021). Soccer Smarts for Teens: 50 Skills and Strategies to Master the Game. Rockridge Press.

Exit Skills

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

- 1) Demonstrate an intermediate level of ball handling skills including dribbling, shooting, trapping, heading, passing, scoring and goal tending.
- 2) List positions and duties of all members of a soccer team.
- 3) Identify three strategies of offense and defense and develop a responsive strategy for use during a game.

Student Learning Outcomes

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

- 1) Define intermediate-level soccer terms. Demonstrate proper technique in dribbling, passing, receiving, and shooting under moderate defensive pressure, and adjust technique based on game context during drills and small-sided play.
- 2) Analyze and apply the rules of soccer with a focus on the tactical significance of field zones (e.g., attacking third, defensive third, penalty area), interpret how these areas impact gameplay and officiating decisions, and effectively communicate rule infractions related to each area.
- 3) Implement core offensive strategies as a ball carrier and support player to create space and apply defensive strategies as first and second defender to compress space and delay an attack.