

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 218 – Intercollegiate Soccer

10 hours laboratory, 3 units

Catalog Description

Intercollegiate competition in the sport of soccer. Instruction focuses on advanced skills, performance techniques, team strategies, and game tactics, along with daily practice and development of physical fitness. Students will also engage in team travel and competition against other collegiate institutions. Open to students with advanced soccer skills who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Analysis of individual skills with instruction and practice
- 2) Physical conditioning to develop endurance necessary for competitive soccer
- 3) Presentation and practice of team soccer strategies
- 4) Presentation of terminology and rules concerning soccer
- 5) Competitive soccer matches and tournaments with other colleges

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in soccer in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

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) Objective performance evaluations that measure students' ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the soccer season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate matches.
- 3) Written/oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate soccer competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

- 1) Practice uniform, cleats, shin guards

Minimum Instructional Facilities

Soccer field, goals, balls, score books

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual, group practice
- 3) Films
- 4) Tournament/intercollegiate play

Out-of-Class Assignments

- 1) **Reading:** assigned articles on injury prevention, nutrition, hydration, and mental preparation for competition; other multimedia.
- 2) **Writing:** N/A
- 3) **Other:** review plays and strategies for competition; analyze competitive soccer (as seen live and in available media).

Texts and References

- 1) Required (representative example): National Collegiate Athletic Association. (2024). 2024–2025 NCAA men's and women's soccer rules. National Collegiate Athletic Association.
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) Explain the terms, strategies, rules, and standards related to soccer at the intercollegiate level.
- 2) Demonstrate the skills, fitness level, and injury prevention strategies necessary for playing soccer at the intercollegiate level.