

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 170A – BEGINNING SOCCER**

1 hour lecture, 1 hour laboratory, 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) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of competitive soccer (as seen live and in available media)

**Texts and References**

- 1) Required (representative example): None
- 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) Define soccer terms at the beginning level.
- 2) Describe soccer scoring.
- 3) Identify appropriate soccer decorum and etiquette at the beginning level.
- 4) Demonstrate soccer skills, appropriate for competition, recreation, and fitness-enhancing play at the beginning level.