

Athletics and Physical Education 126

Course Syllabus

-ATHPE 126- 2.5 Off-Season Training for Intercollegiate Women's Soccer

SPRING 2017

Instructors: Jorge A. Mena Freitas

Office: Verdugo Gym 220

Telephone: (818) 240-1000 ext. 5522

Emails: jmena@glendale.edu

Description: **ATHPE 126** provides instruction and practice in basic fundamentals for the student wishing to compete in intercollegiate soccer.

Transfer credit: CSU, UC, USC

Prerequisite: None

Office Hours: TUESDAY/THURSDAY

3:15-5:15PM.

Ticket # 3297	Labs: Tu 7:30PM - 9:00PM Th 7:30PM - 9:00PM Lec: We 7:30PM 9:00PM MOODLE	VGFL D.	MENA, JORGE
----------------------	---	---------	-------------

Course Description:

ATHPE 126 class is designed primarily for students who have advanced skills and intend to practice in the intercollegiate soccer program.

ATHPE 126 oversees instruction and practice in intercollegiate play including techniques, tactics, fitness, psychology, rules, strategy, and comprehensive physical training.

Class Objectives:

The class is designed to prepare the student athlete for our fall competitive soccer team. Students will get a head start in the try-out process based on skill, game awareness, dedication and commitment to the team, and develop mental strength required to compete at the intercollegiate level.

PREQUISITE: None

TRANSFER CREDIT: CUS, UC, USC

Student Learning Outcome:

1. Students will be able to integrate an advanced level of physical skills relative to participation in a competitive environment.
2. Students will be able to apply an analytical knowledge of offensive and defensive strategies used at the collegiate level.
3. Students will develop an appreciation for the value of teamwork in attempting to achieve team goals.

Attendance:

Your attendance at all class sessions is of utmost importance. Roll call will be taken daily.

IF YOU MISS FOUR (4) CLASSES CUMULATIVELY OR CONSECUTIVELY, YOU MAY BE DROPPED FROM THE CLASS AT THE DISCRETION OF THE INSTRUCTOR

Team concept, unity, cohesiveness, team effort understanding of individual responsibilities both offensively and defensively cannot be achieved without regular attendance and participation.

Absences: Absences must be verified by a doctor or our training staff.

Grading Method:

Your final grade is based on your participation and your contribution to the team effort. During the course of this semester you will be required to analyze two professional soccer games. The analysis consists in the basics of the game, team figures (1-3-5-2, 4-4-2, etc...), type of pressure (defensive or offensive team), key players, substitutions and its probable reasons and whatever you think is remarkable of the game (dates will be given to you).

Midterm: It will count as 25% of your grade,

1st Take home game analysis. Due Tuesday April 5-2016

Final: It will count as 25% of your grade,

2nd Take home game analysis. Due Tuesday May 31-2016

Attendance, participation and contribution to the team effort will count as 50% of your total grade.

There will be no make up exams!!!!

Grading

Exams: 100 POINTS

Exam 1: Midterm..... 25%

Exam 2 Final.....25%

Attendance and participation.....50%

GRADING SCALE: Exams: 50 points and attendance and participation 50 points=100points.

POINTS

100 – 90 = A

89 – 80 = B

79 – 70 = C

69 – 60 = D

59 – 0 = F

Course Materials:

The instructors will provide field equipment. Participants are required to provide their own personal equipment required for the game set forth by FIFA (shin guards, shoes, etc...).

Class Overview:

Physical Education offers instruction and practice in the fundamentals, techniques, and rules of intercollegiate soccer. Students practice the components of team play at the intercollegiate level with emphasis on offensive and defensive strategy. An off-season conditioning and training program is included to help prepare students for the intercollegiate season.

Students with Disabilities:

All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

It is your responsibility to drop the class.

Even though it is a field class, college level behavior is expected. Respect for teammates and instructors will be enforced. Sportsmanship and solidarity are encouraged. Enjoyment of the sport is a must.

Note: During raining day, the class will be cancelled.