

ATHPE 128 OFF-SEASON TRAINING – INTERCOLLEGIATE
MEN'S SOCCER Ticket #3299 & 3301
SYLLABUS SPRING 2017

Instructors: #3299 Laura Matsumoto, MA, OTR/L & #3301 Victor L Carrera
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Office / Hours: Sierra Nevada 100 #4
Mon., Tue., and Wed. 3:15pm-4:15pm
Via email above & TBA by appointment
Time & Location: Tue. 10:45am-1:15pm & Thur. 10:45-12:50pm – Sartoris Field

Certain workout sessions may run shorter or longer than the scheduled class time. Students are required to work out in the Fitness Center or weight room for at least 1 additional hour per week – this will be tracked electronically for verification. Failure to complete minimum of 1 hour may negatively impact course grade or subject you to being dropped from the course.

NOTE: This class is designed for men who have advanced skills and intend to participate in the intercollegiate soccer program (team). However, participation in class activities and a passing grade does not guarantee a place on the intercollegiate squad.

Course Description

This course offers instruction and practice in the fundamentals, techniques and rules of intercollegiate soccer. Students practice the components of team play at 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. Prerequisite: None
Transfer credit: CSU, UC, and USC

Course Objectives

The class is designed to prepare the student athlete for our fall competitive soccer team. Students will get a head start (but not a guarantee) in the team selection process based on skill, game awareness, dedication, and commitment to the team. The student will develop physical, technical, tactical, and psychological skills required to compete at the intercollegiate level.

Equipment Required

- Jersey or shirt with sleeves
- Shorts (slider shorts / tights are also recommended) or warm-up pants
- Soccer socks and shin guards (to be worn during contact activities)
- Soccer specific footwear (cleats or turf shoes)
- Goal keepers – gloves & protective clothing

The student is responsible for providing and maintaining his own equipment. Failing to bring / wear the proper equipment may result in dismissal from the class period for safety reasons.

CELL PHONE USE IS STRICTLY PROHIBITED IN CLASS!!!

Attendance

Field Training:

Class begins at 10:45am, you are expected to be on the field, dressed and ready to participate in the activities. **Excessive tardiness or multiple tardies may result in being dismissed as unexcused for a class period.** Per GCC policy, students are required to attend all class sessions. Roll is taken every class. Each class will be worth 4 points (1 for attendance + 0-3 for participation). **Excused absences will receive a maximum of 1 point. Unexcused absences will receive 0 points.** Communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be considered by the instructor for excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.

Missing 4 class meetings cumulatively, may jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

ADDITIONAL FITNESS TRAINING REQUIREMENT:

- Weekly attendance of **at least 1 hour** in either the Fitness Center (VG 11&) or weight room (VG 2) will be verified – **make sure you check in/out at the desk**
- These hours are part of the **required credit for the course**
- **Failure to regularly attend the additional fitness requirement will subject student to being dropped from the course and/or negatively impact course grade**
- To be completed at your convenience during the normal hours of operation of each center
- See addendum for Fitness Center & weight room rules & procedures

Please inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, balance limitations, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.

First Day Drop Policy

The instructor reserves the right to drop no-shows after the first hour of the first class meeting if no prior arrangements were made for the absence.

Student Email:

Students **must** use their GCC student email, as this is the only official communication method used by the instructors (and the college). **Failure to check your GCC student email is not an acceptable excuse for missing any vital content, information, or deadlines.**

Examination/Evaluation Procedures

Progress in specific skill areas may be assessed by:

- Attendance and observation of **active and safe participation** in class activities and discussions. Contributions to the team effort.
- Quizzes / Midterm / Final – may be oral, written, or practical demonstration

Student Projects and Assignments (examples):

- Game analysis – professional soccer games (decided upon by the instructor). The game analysis will consist of the basics of the game: attacking and defending tendencies, team formations (4-4-2, 3-5-2, etc.), type of pressure applied by both teams, key players and their impact/contribution to the game/team, substitutions and their probable reasons, and whatever you think is significant about to the team's approach to the outcome of the game.
- Written reflections on specific topics

Make-up Policy

No exam make-ups are allowed without consent of instructor and prior arrangements. Assignments submitted late may incur a penalty of one letter grade or more – dependent upon the tardiness of the submission.

Grading Policy

Approximate breakdown of your final course grade:

Active Effort / Participation in Skills Instruction	35%
Assessments (skill & fitness, quizzes, midterm, assignments)	25%
Student Projects	25%
Final Exam	15%

ISSUES OR COMPLAINTS

Please address any issues you may have that are relative to this course **with the instructor**, either in person during office hours (see above), by e-mail, or by telephone as early in the semester as possible. If we cannot resolve the issue, you will be referred to the Division Chair of Physical Education for an appointment.

Rules & Procedures

1. Students are expected to follow the rules & regulations of Glendale Community College and the Lifestyle Fitness Center, as well as GCC's Academic Honest Policy (see the College Catalog). Any disruptive behavior will be dealt with accordingly and reported to the Dean of Student Affairs.
2. Please be mindful and respectful of each individual.
3. **This is NOT a recreational soccer class. Students are expected to be able to demonstrate competitive level skills and/or potential for development of intercollegiate level skills. You must be able to safely meet the physical demands of the training sessions. If you do not meet these guidelines, you may be advised to drop the class.**
4. You **MUST** exercise within your own limitations - **LISTEN TO YOUR BODY! If you become injured during class report it immediately to the instructors. Go to the Health Center (1st floor of San Raphael) if you believe you require further medical treatment.**
5. Sartoris Field rules – **water only! NO FOOD, GUM, OR OTHER LIQUIDS ALLOWED.**

Important Notes

- College level behavior is expected, and will be enforced. Respect for teammates, opponents, and instructor (s) will be enforced. While competitive spirit, and winning mentality is highly encouraged, sportsmanship and solidarity are strictly enforced.
- This class will place significant physical demands on the student. The ability to perform physically and demonstrate skills for collegiate level soccer participation are crucial to success in the class (see above).
- **The DEADLINE to WITHDRAW** from this class with a “W” notation is **May 20, 2017**. If **YOU** do not drop by this date you will be assigned a grade accordingly. The instructor may attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).
- All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities

Student Learning Outcomes:

1. Student will be able to integrate an advance 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 collegiate level.
3. Students will develop an appreciation for the value of teamwork in attempting to achieve team goals.

Tentative ATHPE 128 Schedule – SPRING 2017

Week 1: Course Introduction
Initial Skill & Fitness Assessments
Assignment: Read FIFA Laws of the Game (www.fifa.com – link under “About FIFA” section)
Assignment: TBD – UEFA Champions League Game Analysis

Week 2: Player Evaluations
Quiz: FIFA Laws of the Game

Weeks 3 - 7: Progressive Fitness, Agility, Strength & Conditioning
Technical Skills Development
Offensive & Defensive Concepts
Assignment: TBD – UEFA Champions League Game Analysis

Week 8: Midterm Skill & Fitness Assessments

SPRING BREAK – Week of April 10th – NO CLASSES!

Weeks 9-15: Progressive Fitness, Agility, Strength & Conditioning
Progressive Technical Skills
Offensive & Defensive Concepts
Team Tactics
Assignments: TBD

Week 15: **June 6th LAST DAY OF CLASS BEFORE FINAL EXAM**
Final Skill & Fitness Assessments
Assignments: TBD

Week 16 ** FINAL EXAM **

SCHEDULED: Thursday, June 8, 2017 11:50am to – 2:10pm, Sartoris Field ** TO BE CONFIRMED