



COURSE OUTLINE : ATHPE 125

D Credit – Degree Applicable

COURSE ID 003077

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 125
COURSE TITLE (FULL) : Women's Intercollegiate Soccer
COURSE TITLE (SHORT) : Women's Intercollegiate Soccer

CATALOG DESCRIPTION

ATHPE 125 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's soccer. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Student-athletes will need to be familiar with both the Federation International Football Association (FIFA) and the National Collegiate Athletic Association (NCAA).

CATALOG NOTES

Note: This class is designed for the intercollegiate women's soccer team. Note: May be taken 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

Total Course Units: 2.50

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 54.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Apply a variety of offensive and defensive skills appropriate for intercollegiate soccer;	Yes
2				integrate NCAA and FIFA rules and CCCAA decorum polices into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication necessary for collegiate competition;	Yes
5				demonstrate how to apply workable solutions within a team environment.	Yes

EXIT STANDARDS

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of soccer;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

STUDENT LEARNING OUTCOMES

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules • CCCAA Decorum • FIFA rules • Training room policies for treatment	7	0	7
2	Safety for Women’s Soccer • Exercises for injury prevention • Proper soccer attire and equipment • Proper warm-up • Proper cool-down • Injury prevention	5	0	5
3	Fundamental Conditioning for Women’s Soccer • Agility • Coordination • Specific muscle group development • Muscular and cardiovascular endurance • Plyometrics • Core training • Balance and stability	0	10	10



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4	<p>Advanced Fundamental Skills in Women’s Soccer</p> <ul style="list-style-type: none"> • Passing • Arch passing • Lace passing • Outside foot passing • Trapping • Arch trapping • Thigh trapping • Chest trapping • Kicking • Power kicking • Arch kicking • Lace kicking • Dribbling • Fade dribbling • Change of direction • Right to left dribbling • Single foot dribbling • Individual defensive techniques • Stance • Sliding • Positioning • Boxing out • Heading • Proper technique • Heading to pass • Goal keeping • Ball distribution: hands or foot • Catching ball • Blocking ball • Goal kick • Fundamentals of goal keeping 	0	12	12
5	<p>Offense Strategies for Intercollegiate Women’s Soccer Competition</p> <ul style="list-style-type: none"> • Creating space • Individual • Team • Passing and support • Attacking • Flank and diagonal crosses • Central positioning • Corner kick plays • Free kick plays • Throw-in plays 	0	16	16



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6	Defense Strategies for Intercollegiate Women Soccer Competition <ul style="list-style-type: none"> • Defending space • Individual • Team • Zone defense • Man to man defense • Transition from defense to offense • Defending of the goal • Changing defense • Principles of pressure, cover, and balance 	0	16	16
7	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive team environment • Effective communication under stress 	8	0	8
8	Nutrition for the Competitive Athlete <ul style="list-style-type: none"> • Eating balanced meals • Carbohydrate and protein combinations • Packing smart snacks • Supplements: Good or bad • Hydration 	6	0	6
9	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- 2 goal setting (e.g. written re-evaluation of goal performance every week);
- 3 game analysis (e.g. written summary and review of team and individual game video).

METHODS OF EVALUATION

- 1 video movement analysis;
- 2 weekly competition;
- 3 written play exams (e.g. diagram test for defense).



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METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Soccer 2019-2020 Rules and Interpretations		Indianapolis: National Collegiate Athletic Association, 2019. Digital file.			National Collegiate Athletic Association		2019
Laws of the Game, 2018 -2019.		International Football Association Board, 2018. Digital file.			Federal International Football Association		2018