



COURSE OUTLINE : ATHPE 158

D Credit – Degree Applicable

COURSE ID 010386

Created: October 2018

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 158
COURSE TITLE (FULL) : Women's Soccer Conditioning
COURSE TITLE (SHORT) : Women's Soccer Conditioning
CALIFORNIA STATE UNIVERSITY SYSTEM C-ID :

CATALOG DESCRIPTION

ATHPE 158 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and game plays for soccer.

CATALOG NOTES

ATHPE 158 is designed for the intercollegiate women's soccer team. May be taken 4 times for credit.

Total Lecture Units:0.00

Total Laboratory Units: 1.50

Total Course Units: 1.50

Total Lecture Hours:0.00

Total Laboratory Hours: 81.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Explain intermediate knowledge of soccer biomechanics;	Yes
2				demonstrate intermediate techniques of soccer biomechanics;	Yes
3				engage in cardiovascular and mental training at moderate to vigorous levels;	Yes
4				integrate intermediate soccer knowledge to strength training movements;	Yes
5				apply strength training exercises to soccer specific movements.	Yes

EXIT STANDARDS

- 1 Perform an advanced level of physical skills relative to participation in intercollegiate competition;
- 2 execute offensive and defensive strategies used at the collegiate competitive level;
- 3 demonstrate soccer-specific movements at moderate to advanced levels.

STUDENT LEARNING OUTCOMES

- 1 develop and apply a strength training program as it applies to intercollegiate soccer
- 2 develop and apply a cardiovascular training program as it applies to intercollegiate soccer
- 3 develop physical skills in soccer for increased success at the intercollegiate level
- 4 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Strength Training for Soccer <ul style="list-style-type: none"> • Core • Upper Body • Lower body • Prehabilitation and injury prevention • Hip, knee and foot care 	0	28	28
2	Plyometric Training for Soccer <ul style="list-style-type: none"> • Acceleration and deceleration • Footwork • Agility drills 	0	12	12



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3	Situational Training in Soccer <ul style="list-style-type: none"> • Defensive strategies • Teamwork between defensive positions • Offensive strategies • Advancing and goal scoring 	0	12	12
4	Cardiovascular Training in Soccer <ul style="list-style-type: none"> • Sprinting endurance • Long distance running endurance • Dynamic explosive movements 	0	24	24
5	Application of Rules in Soccer <ul style="list-style-type: none"> • Defensive rule interpretation and strategies • Offensive rule interpretation and strategies 	0	5	5
				81

OUT OF CLASS ASSIGNMENTS

- 1 fitness analysis (e.g. body weight, body composition, recognized perceived exertion)
- 2 field activities (e.g. physical exercise to enhance in-class activity)

METHODS OF EVALUATION

- 1 demonstration
- 2 group participation
- 3 muscular fitness tests (e.g. timed pushups)
- 4 timed sprints and long-distance runs

METHODS OF INSTRUCTION

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



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Soccer 2018-2019 Rules		National Collegiate Athletic Association.			National Collegiate Athletic Association.		2018