



COURSE OUTLINE : PE 238
D Credit – Degree Applicable
COURSE ID 003070
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 238
COURSE TITLE (FULL) : Soccer I
COURSE TITLE (SHORT) : Soccer I

CATALOG DESCRIPTION

PE 238 teaches the beginning concepts of soccer in a recreational environment. Instruction includes basic skills of soccer: passing, receiving, trapping, dribbling, and control techniques. Students learn the fundamental history, rules, etiquette, and safe play pertaining to soccer.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Identify soccer as a sport;	Yes
2				perform moderate daily physical activities;	Yes
3				participate in a team environment;	Yes
4				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 List the basic rules and regulations of soccer;
- 2 demonstrate basic individual skills of soccer;
- 3 engage in varied game-like situations incorporating basic offensive and defensive techniques and strategies;
- 4 understand perceived exertion regarding physical activity;
- 5 incorporate social skills to enhance student interaction, individual growth, sportsmanship, and teamwork.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 demonstrate knowledge of the rules
- 3 demonstrate basic fundamental skills for soccer

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Safety Procedures, Set-Up, and Breakdown <ul style="list-style-type: none"> • Creating a safe environment • Stretching and warm-up • Setting up the soccer field • Breaking down the soccer field • Cool-down 	0	6	6
2	History, Basic Rules, and Terminology <ul style="list-style-type: none"> • Development and history of soccer • Rules: Federal International Football Association (FIFA) • Rules: National Collegiate Athletic Association (NCAA) 	0	10	10



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3	Basic Individual Skills for Soccer <ul style="list-style-type: none"> • Passing • Receiving • Trapping: Chest, thigh, and arch • Heading • Kicking: Free, center, and corner 	0	20	20
4	Team Concepts for Soccer <ul style="list-style-type: none"> • Team offense overview • Team defense overview • Basic player positions • Basic team strategies • Basic game play 	0	16	16
5	Conditioning for Soccer <ul style="list-style-type: none"> • Core conditioning • Cardio-vascular conditioning 	0	2	2
				54

OUT OF CLASS ASSIGNMENTS

- 1 critique (e.g. watch a soccer game on television and write a summary on each position in soccer);
- 2 essay (e.g. attend a soccer game and write a basic overview incorporating soccer terminology and concepts).

METHODS OF EVALUATION

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 scrimmage.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study



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- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Soccer 2018-2019 Rules	Required	National Collegiate Athletic Association		digital	National Collegiate Athletic Association		2018
Laws of the Game, 2013-2014	Required	Federal International Football Association		online: www.fifa.com/mm/document/footballdevelopment/refereeinog2013en_neutral.pdf IX	Federal International Football Association		2013