



COURSE OUTLINE : PE 240
D Credit – Degree Applicable
COURSE ID 010223
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 240
COURSE TITLE (FULL) : Soccer III
COURSE TITLE (SHORT) : Soccer III

CATALOG DESCRIPTION

PE 240 teaches advanced concepts of soccer in a recreational environment. The main goal is to provide the student with continued advancement in soccer while incorporating a better understanding of teamwork and communication. The course emphasizes principles relating to advanced individual skills, theory, tactics, rules, and strategy. Team competition is a major component of the course.

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: PE 239.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	239	Intermediate Soccer	Explain and apply the rules and regulations of soccer;	Yes
2	PE	239	Intermediate Soccer	demonstrate proper intermediate techniques used for soccer such as control techniques, passing, and kicking;	Yes
3	PE	239	Intermediate Soccer	engage in varied game-like situations and utilize offensive and defensive techniques and strategies;	Yes
4	PE	239	Intermediate Soccer	summarize and explain team and individual performances after drills and games;	Yes
5	PE	239	Intermediate Soccer	increase fitness and coordination through practice and game drills;	Yes
6	PE	239	Intermediate Soccer	understand the dynamics of team communication.	Yes

EXIT STANDARDS

- 1 Apply and demonstrate knowledge about the rules and regulations of the game of soccer;
- 2 demonstrate advanced fundamental techniques used for soccer;
- 3 complete in game-like situations and analyze offensive and defensive techniques and strategies;
- 4 assess strengths and weaknesses of yourself and team to refine individual and group skills;
- 5 increase fitness and coordination through game drills and competition;
- 6 utilize verbal communication necessary for effective team work and team competitions.

STUDENT LEARNING OUTCOMES

- 1 develop an understanding of positional team play and team dynamics;
- 2 develop and apply advanced soccer skills through individual and team practice;
- 3 integrate cooperative skills needed to perform at a high level of play;
- 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	Safety Procedures, Set-Up, and Breakdown <ul style="list-style-type: none"> • Creating a safe environment • Active warm-up/dynamic stretches • Setting up the soccer field • Breaking down the soccer field • Cool-down 	0	4	4
2	Rules, Regulations, and Terminology <ul style="list-style-type: none"> • Rules: Federation International Football Association (FIFA) • Rules: National Collegiate Athletic Association (NCAA) 	0	4	4
3	Advanced Fundamental Skills for Soccer <ul style="list-style-type: none"> • Shooting techniques • Passing techniques • Dribbling techniques • Trading techniques • Heading techniques • Goal keeping techniques • Throw-ins • Corner kicks • Goal kicks 	0	12	12



4	<p>Advanced Offensive Team Strategies for Soccer</p> <p>Change of point of attack</p> <p>Corner kicking tactics</p> <p>Throw-in tactics</p> <p>Free kick tactics</p> <p>Kick off strategies</p> <p>Ball movement</p> <p>Spacing</p> <ul style="list-style-type: none"> • With ball • Without ball 	0	12	12
5	<p>Advanced Defensive Team Strategies for Soccer</p> <ul style="list-style-type: none"> • Man to man defense • Zone defense • High pressure defense • Low pressure defense 	0	13	13
6	<p>Advanced Strategies for Teamwork</p> <ul style="list-style-type: none"> • Effective communication • Creating teams with captains • Team goal setting 	0	5	5



7	Physical Development and Conditioning	0	4	4
	<ul style="list-style-type: none"> • Physical endurance through drills • Plyometric warm-ups • Core conditioning • Sprint conditioning 			
				54

OUT OF CLASS ASSIGNMENTS

- 1 critique (e.g. watch film and write an analysis which breaks down offensive and defensive soccer plays);
- 2 individual project (e.g. develop a practice plan for a youth soccer team and implement the plan in class).

METHODS OF EVALUATION

- 1 demonstration;
- 2 written assignments;
- 3 group participation;
- 4 final exam on offensive and defensive systems.

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	Required	National Collegiate Athletic Association		digital	National Collegiate Athletic Association		2012
Laws of the Game, 2013-2014	Required	Federal International Football Association		online: www.fifa.com/mm/document/footballdevelopment/refereeing/81/42/36/1og2013en_neutral.pdf	Federal International Football Association		2013