



COURSE OUTLINE : ATHPE 126

D Credit – Degree Applicable

COURSE ID 003078

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 126
COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Women's Soccer
COURSE TITLE (SHORT) : Off-Seas Trng Interc Wn Soccer

CATALOG DESCRIPTION

ATHPE 126 provides instruction and practice for intercollegiate women's soccer focusing on fundamental techniques of competitive soccer. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: This class is off-season training for students who are interested in competing on an intercollegiate women's soccer team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform offensive and defensive skills appropriate for intercollegiate soccer;	Yes
2				define Federation International Football Association (FIFA) and National Collegiate Athletic Association (NCAA) soccer rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				maintain positive individual behaviors to enhance team dynamics.	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

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • FIFA rules and regulations • NCAA rules and regulations • CCCAA Decorum Policies 	8	0	8



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2	Safety for Women's Soccer <ul style="list-style-type: none"> • Proper soccer equipment • Proper soccer attire • Proper warm-up • Injury prevention 	6	0	6
3	Fundamental Conditioning Skills for Women's Soccer <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance • Plyometrics • Balance and stability • Core training 	0	18	18
4	Advanced Fundamental Skills in Women's Soccer <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 • Goal keeping • Fundamental skills 	0	18	18
5	Advanced Game Strategy for Women's Soccer <ul style="list-style-type: none"> • Selection of offensive and defensive system • Individual player positions • Team lineup • Corner kick team tactics • Free kick team tactics • Throw-in team tactics 	0	18	18



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6	Understanding Team Dynamics • Creating a positive environment • Effective communication under stress	7	0	7
7	• Nutritional Aspects of Effective Training	5	0	5
8	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition • Gender • Race/ethnicity • Sexuality • Religion	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 practice evaluation (e.g. written evaluations regarding positive and negative performances);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 practice analysis (e.g. summary and review of practice video).

METHODS OF EVALUATION

- 1 demonstration evaluations;
- 2 video movement analysis;
- 3 tournament play;
- 4 written exams.

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	IBSN	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