



**COURSE OUTLINE : ATHPE 128**  
**D Credit – Degree Applicable**  
**COURSE ID 003079**  
**Cyclical Review: August 2020**

**COURSE DISCIPLINE :** ATHPE  
**COURSE NUMBER :** 128  
**COURSE TITLE (FULL) :** Off-Season Training for Intercollegiate Men's Soccer  
**COURSE TITLE (SHORT) :** Off-Season Train Interc Soccer

**CATALOG DESCRIPTION**

ATHPE 128 provides instruction and practice for intercollegiate men'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 men'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.



**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				demonstrate a positive mental attitude 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 develop a high level of physical conditioning inherent in competitive soccer;
- 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 • Sportsmanship • Team rules • Individual/team goal setting • FIFA rules and regulations • NCAA rules and regulations • CCCAA Decorum Policies	8	0	8



2	Safety for Men's Soccer <ul style="list-style-type: none"> <li>• Proper soccer equipment</li> <li>• Proper soccer attire</li> <li>• Proper warm-up</li> <li>• Injury prevention</li> </ul>	5	0	5
3	Fundamental Conditioning Skills for Men's Soccer <ul style="list-style-type: none"> <li>• Agility</li> <li>• Coordination</li> <li>• Muscular strength</li> <li>• Muscular and cardiovascular endurance</li> <li>• Plyometrics</li> <li>• Balance and stability</li> <li>• Core training</li> </ul>	0	16	16
4	Advanced Fundamental Skills in Men's Soccer <ul style="list-style-type: none"> <li>• Passing</li> <li>• Arch passing</li> <li>• Lace passing</li> <li>• Outside foot passing</li> <li>• Trapping</li> <li>• Arch trapping</li> <li>• Thigh trapping</li> <li>• Chest trapping</li> <li>• Kicking</li> <li>• Power kicking</li> <li>• Arch kicking</li> <li>• Lace kicking</li> <li>• Dribbling</li> <li>• Fade dribbling</li> <li>• Change of direction</li> <li>• Right to left dribbling</li> <li>• Single foot dribbling</li> <li>• Individual defensive techniques</li> <li>• Stance</li> <li>• Sliding</li> <li>• Positioning</li> <li>• Boxing out</li> <li>• Heading</li> <li>• Goal keeping</li> <li>• Fundamental skills</li> </ul>	0	19	19
5	Advanced Game Strategy for Men's Soccer <ul style="list-style-type: none"> <li>• Selection of offensive and defensive system</li> <li>• Individual player positions</li> <li>• Team lineup formations</li> <li>• Corner kick team tactics</li> <li>• Free kick team tactics</li> <li>• Throw-in team tactics</li> </ul>	0	19	19



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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	6	0	6
8	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition  • Gender • Race/ethnicity • Sexuality • Religion	1	0	1
				<b>81</b>

**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 film).

**METHODS OF EVALUATION**

- 1 demonstration evaluations;
- 2 tournament play;
- 3 video movement analysis;
- 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**

<b>Title</b>	<b>Type</b>	<b>Publisher</b>	<b>Edition</b>	<b>Medium</b>	<b>Author</b>	<b>IBSN</b>	<b>Date</b>
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		The International Football Association Board, 2018. Digital file.			Federal International Football Association		2018