



PE 1230

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1230

Title: Soccer

Catalog Description:

The student will learn and exhibit basic skills and correct fundamentals of beginning soccer. Students will improve cardiovascular endurance and develop physical fitness and skill. Students will be able to exhibit team effort and know the strategies and skill of playing soccer in a team setting.

General Education Requirements: N/A

Semesters Offered: Spring

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: N/A

Justification:

This course will transfer as physical education elective credit to four-year institutions in the state.

Student Learning Outcomes:

The student will be able to:

- demonstrate basic skills needed for soccer in game situations.
- demonstrate improvement in their physical conditioning.
- demonstrate an understanding of the rules of soccer.

Content:

Content Includes:

- Introduction and orientation
- Passing and Shooting
- Dribbling and Receiving
- Trapping

- Rules
- Safety
- Physical Conditioning

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Soccer is an excellent lifetime activity. It requires one to have a degree of strength and cardiovascular fitness. The activity itself helps with the ongoing process of staying in shape. The health benefits of maintaining good fitness throughout life are well documented. The instructor will evaluate the students technique and suggest ways to improve.

Key Performance Indicators:

Attendance and Participation
Exams
Skill Assessment

Representative Text and/or Supplies:

No text required, however, the following items are required: Active sports clothing, shirt, shorts, sweats, and a pair of athletic shoes.

Optimum Class Size: 25

Maximum Class Size: 35

Signatures:

I hereby submit this course syllabus:

Bob Trythall, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)