



## 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.

**Student Learning Outcomes:**

Individuals will improve physical conditioning. They will learn basic soccer skills and will perform them in game situations.

**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.

## **Key Performance Indicators:**

Attendance/Participation - 50%

Exams - 25%

Skill - 25%

Percentages are approximate

## **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:

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Elliot Anderson, ,

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

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Bob Trythall, MS, Associate Professor, Chair

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

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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:

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

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)