COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1106: Soccer

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 2
   3. Prerequisites (Course discipline/number): ENGL 0840
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course is intended to introduce the student to the basic and intermediate aspects of soccer. Through instruction, demonstration, practice and play the student will learn the skills, rules, and strategies involved in the game of soccer. We will also cover some of the basic aspects of conditioning, fitness and the benefits of exercise. We will spend time working in groups of developing teamwork.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Game Description
   2. Field of Play – Regulations
   3. Equipment
   4. Basic Rules
      a) Kickoffs
      b) Fouls
      c) Free kicks
      d) Contact
      e) Penalty kicks
      f) Goal kicks
      g) Throw-ins
      h) Offside
      i) Goalkeeper
   5. Scoring
   6. Skills
      a) Kicking
      b) Trapping
      c) Dribbling
      d) Heading
      e) Tackling
      f) Goalkeeping
   7. Strategies – Group and Team
   8. Systems
      a) Defensive style
      b) Offensive style
   9. Team Skills – Play
   10. Fitness and Conditioning Benefits

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Identify and practice the rules governing soccer.
   2. Practice, execute and improve the basic skills.
   3. Kicking, passing, trapping, heading, tackling, the throw-in and goalkeeping.
   4. Discuss and be able to use the basics offensive and defensive strategies and tactics.
   5. Identify and discuss the player responsibilities, field markings, and player positioning during play.
   6. Identify and use basic terminology during the game.
   7. Learn to work in groups, use teamwork and respect for teammates.
   8. Gain knowledge about conditioning, fitness and the benefits of soccer as exercise.
   9. Learn to analyze the game and develop an appreciation for watching the game.
   10. Develop the ability to discuss the offensive and defensive aspects and different strategies of the game.
E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Written tests
2. Skill assessment – play, skills testing
3. Effort
4. Participation
5. Written projects
6. Speculating analysis of games
7. Group work

G. SPECIAL INFORMATION (if any): None