

Course discipline/number/title: PHED 1106: Soccer

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: 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. Other aspects covered are basic conditioning, fitness principles and the benefits of exercise. Group work is utilized to develop cooperation and teamwork.

C. DATE LAST REVISED (Month, year): February, 2022

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Field of Play – Regulations
2. Game Components
3. Equipment
4. Basic Rules for Play
5. Scoring and Penalty Rules
6. Specific Individual Skills
7. Team Skills
8. Strategies
 - a) Individual and Team
 - b) Defensive and Offense Strategies
9. Fitness and Condition

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Identify, practice and apply the rules governing soccer.
2. Identify and use basic terminology pertaining to the game.
3. Practice, execute and improve basic soccer skills.
4. Execute kicks, passing, trapping, heading, safe tackling, the throw-in and goalkeeping skills.
5. Discuss and be able to apply the basic offensive and defensive strategies and tactics.
6. Identify and discuss player responsibilities, field markings, and player positioning during play.
7. Learn to work cooperatively, implement teamwork and exhibit respect for teammates and opponents.
8. Explain conditioning principles, and fitness concepts in relationship to the benefits of soccer as exercise.
9. Learn to analyze the game and develop an appreciation for watching the game.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Daily Assignments
2. Exams
3. Skill assessment-play, skills testing
4. Participation
5. Written projects

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None