

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 65 - Soccer

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course improves cardiovascular endurance, strength and game knowledge. Students will learn the basic rules, skills and techniques of soccer. Emphasis will be placed on kicking, dribbling, trapping, heading, passing, and receiving. All skills including offensive and defensive strategies will be learned through live game play.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. explain the basic rules, history, and conduct of soccer.
- B. demonstrate the basic skills of soccer such as dribbling, kicking, and passing.
- C. demonstrate offensive and defensive techniques and strategies.
- D. participate in team play cooperatively and with proper sportsmanship.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Rules of the game	1.50
3. Kicking	1.50
4. Dribbling	1.50
5. Trapping	1.50
6. Heading	1.50
7. Control techniques	1.00
8. Passing and receiving	1.00
9. Corner and penalty kicks	1.00
10. Free kicks	0.50
11. Tackling/charging/attacking	1.00
12. Types of offense and defense	1.00
13. Offensive and defensive techniques	1.50
14. Team Play	1.50
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00

2.	Rules of the game	1.00
3.	Kicking	3.00
4.	Dribbling	3.00
5.	Trapping	3.00
6.	Heading	3.00
7.	Control techniques	2.00
8.	Passing and receiving	3.00
9.	Corner and penalty kicks	2.00
10.	Free kicks	2.00
11.	Tackling/charging/attacking	2.00
12.	Offensive and defensive techniques	3.00
13.	Types of offense and defense	2.00
14.	Team Play	4.00
	Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Essays and research papers

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article describing the various styles of soccer around the world and plan to discuss in class.
 - 2. Research the origins and basic history of the game of soccer and be prepared to share your findings with the class.
- B. Writing Assignments
 - 1. Compose a weekly journal log describing what you are learning about the elements of soccer using specific examples.
 - 2. Create a one to two minute soccer practice plan.
- C. Out-of-Class Assignments
 - 1. Attend a local High School or College soccer game. Assess the execution of fundamental skills and teamwork, analyze and discuss your findings with the class.
 - 2. Meet with a sports medicine health professional and ask for descriptions of the most common injuries in soccer. Discuss what measures can be taken to prevent them and discuss your findings with the class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel b. Shin guards c. Athletic or soccer shoes
- B. Other materials and/or equipment will be provided by the department.

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