

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 85 - Varsity Soccer**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Limitation on Enrollment:** Student-athletes currently participating in Intercollegiate Athletics

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate soccer. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

### II. OBJECTIVES

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

- A. define soccer safety and rules.
- B. practice the proper etiquette of soccer competition.
- C. describe offensive and defensive strategies for intercollegiate competition.
- D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
- E. demonstrate pre-game, in-game and post-game physical routines.
- F. demonstrate proper maintenance of individual equipment and the playing field.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation and Safety		2.00
2.	Ball Handling		11.50
3.	Footwork		11.50
4.	Individual Offense		15.00
5.	Team Offense		35.00
6.	Individual Defense		15.00
7.	Team Defense		35.00
8.	Film Study and Analysis		14.00
9.	Team Strategy		11.00
10.	Philosophy		3.00
Total Hours			153.00

### IV. METHODS OF INSTRUCTION

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations

E. Drills/Practical

**V. METHODS OF EVALUATION**

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluations

**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. Write a brief paper summarizing the responsibilities of each position in soccer.
  - 2. Create a two-minute soccer practice plan. Be prepared to demonstrate in class.
- C. Out-of-Class Assignments
  - 1. View a soccer event, paying close attention to form and techniques used. Event may be viewed in person, through television, or via the internet.
  - 2. Perform a portion of your individual workout plan and maintain a journal (minimum 2 weeks) documenting changes in body composition and play.

**VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

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

**Created/Revised by:** Mario Vela

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