

**PE 134 Soccer and Conditioning
(Spring 2009, MW 2:00 to 3:15 pm)**

Instructor: Dr. Yang, Guibao
Phone: 770-784-8371,
E-mail: gyang2@emory.edu
Office hour: MWF: 11:50 to 12:50 pm
Also by an appointment.

Office: Gym 103 H
Fax: 770-784-4677
Location: Soccer Field
TTh: 1:30 to 2:30 pm

Catalog Description:

This course focuses on learning fundamental soccer skills, basic soccer tactics, game strategies, and rules etc.

Course Objectives:

As a result of this course, students will be able to:

1. Understand the brief history, culture, and basic terminology of soccer.
2. Demonstrate basic soccer skills such as Kicking, Trapping and Receiving, Dribbling, Faking, Tackling, Throwing-In, and Heading.
3. Demonstrate ball control skills.
4. Understand basic tactics and strategies and basic principles of soccer game.
5. Understand the soccer game rules.

Course Topics:

- A. Lectures: Class orientation, general introduction, History, Culture, and International games of soccer; Soccer skills such as Kicking, Trapping and Receiving, Dribbling etc. Basic soccer tactics and strategies and principles of soccer game. Basic rules of soccer game.
- B. Class Activity: A various soccer skill learning drills and conditioning exercise activities and games.

Instructional Activities and Methodology:

The developmental and systematic approaches will be employed for teaching this course. Students will have ample opportunities in classroom lectures, discussions, visual aids, and a variety of field exercise sessions and game activities to improve their cognitive knowledge, motor skills, and personal health and wellness.

Evaluation:

A. Final Skill Tests (35%) 350 points

1. **Distance Kicking (50 p):** 30 yard=50 points, 25 yard=40 points, 20 yard=30 etc. The ball must reach the distance **in air**. For women, it is five yard less than men.
2. **Shooting (50 p):** 7 attempts of penalty kick, each goal made =10 points and total is 50 points. The ball can be in air or on the ground to make a goal, but ground ball must have certain speed.

3. **Short distance passing and receiving (50 p):** Inside foot passing and receiving=15 points, outside foot passing and receiving= 15 points, toes of the foot passing and sole of the foot receiving= 20 points. Total is 50 points.
4. **Throwing-in and Air Ball Trapping (100 p):** Throwing in and Chest trapping=50 points. Throwing in and thigh or Inside foot air ball trapping=50 points. All trapping must be demonstrate good ball control skills and within one yard distance from the body. Two attempts for each technique.
5. **Juggling (50 p):** Juggling soccer ball one time with any parts of the body except hands and arms. 10 touch=50, 9 touch=45, 8 touch=40 etc. Two attempts.
6. **Dribbling (50 p):** Dribble soccer ball 30 yard zigzagly around cones. Two attempts. Time recorded being less than 14 seconds=50 points, 15 seconds=40 points, 16 seconds=30 points etc. Each time one misses a cone will lose 10 points. For women, it adds one more second on the top of the testing time.

B. Written Exams (30%) 300 points

First Written Exam (Techniques theory):	100
Second Written Exam (Tactics and strategies):	100
Third Written Exam (Rules and Law of Soccer Game):	100
(One of the lowest exams' grades will be dropped)	
Final Written Exam: (All of above Soccer Theory)	100

C. Participation and Motivation (35 %) 350 points

Students will earn **250 points** toward their final grade if they do not miss more than **two (2)** classes.

Students will earn **100 points** if they are motivated and actively participating all of the activities of the class, encouraging and supporting fellow students (it is my subjective evaluations to each student).

D. Grading Summary:

A=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590

Class Attendance Policy:

- A. You are expected to attend the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. **The Maximum two (2) classes (one-week class) will be allowed to be used for illness and emergencies. There are no UNEXCUSED absences in this class. It is strongly suggested that you communicate with me before or immediately after you have missed any class for any reasons you might have. I may or may not ask why you miss the class; it is your responsibility to initiate the communication with me and keep the record for each of your absence.**
- B. After 2 allowed absences, **each of the following absence will be panelized with a deduction of your participation's grade points. Five percent (5%) 50 points will be deduced for absence three to five (3-5). Ten per cent (10%)**

100 points will be deducted for number six (6). After that, If one has seven (7) or more absences, one automatically fails the class.

- C. Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.
- D. Students are expected to come to the class on time. If you arrive after roll-call, you are late. You are allowed to be late for **two times without a penalty**. After two times, **10 points will automatically be deducted from each tardy**.
- E. Under the special circumstances, **I may give** opportunities to let a student to make up his/her absences if I consider the absences to be reasonable and the student has no control of the situations. For example, if you have to use your allowed two absences for illness and emergency legitimately, and you cannot help to miss more classes, in this case, **it is your responsibility to initiate the meeting with me and present to me the justifiable reasons and record for the missed classes**. I will discuss with you and make decision accordingly. **If such a meeting called upon by you and you are giving opportunities to make up those missed classes, you are responsible to give effort and make them up within certain period of time.**

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A. No food drinks, or gum chewing is allowed. No cell phone.
- B. **Dress:** Loose sportswear, t-shirts, shorts, sweat pants and a like are required. You are also required to have a pair of soccer cleats or shoes for playing soccer. **You may not be allowed to take part in the class and marked as an absence if you don't wear proper gym cloth and shoes.**
- C. Try not to wear jewelry and glasses worn should be secured.
- D. Attention: Class activities include vigorous exercises. If you have any medical condition or physical problems such as old injuries (e.g., weak knee joint, history fainting etc.) which may prevent you from full participation in some of the activities, and you have concerns in learning heading techniques, you need to inform me. If you have a condition which would limit your potential for fulfilling the requirements of this class, you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

Text Book: Jin Wang, 2006. Soccer Made Easy: From Fundamental Skills to Championship Play. Ameriscientific Inc., U.S.

PE 134		MW	Soccer and Conditioning Calendar
W	Date	Day	Activities
	January		
1	14	W	Introduction
2	19	M	<u>Martin Luther King Jr. Day</u>
	21	W	Skill practice
3	26	M	Skill practice
	28	W	Lecture and Skill practice
	February		
4	2	M	Skill practice
	4	W	Lecture and Skill practice
5	9	M	Skill practice
	11	W	Written Exam 1 and Skill practice
6	16	M	Skill practice
	18	W	Lecture and Skill practice
7	23	M	Skill practice
	25	W	Lecture and Skill practice
	March		
8	2	M	Skill practice
	4	W	Written Exam 2 and Skill practice
9	9	M	<u>Spring Break</u>
10	16	M	Skill practice
	18	W	Lecture and Skill practice
11	23	M	Skill practice
	25	W	Lecture and Skill practice
12	30	M	Skill practice
	April		
	1	W	Lecture and skill practice
13	6	M	Skill practice
	8	W	Written Exam 3 and Skill practice
14	13	M	Skill practice
	15	W	Final Skill Test
15	20	M	Final Skill Test
	22	W	Final Exam Reviewing and Final Skill Test
16	27	M	FINAL EXAM

All dates and activities are subject to change. Instructor will give proper notice of such change(s).