

PE 134 – Soccer
Course Syllabus with Calendar
Tue & Thur 1-2:15pm
Soccer Field/Classroom 105

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Office Hours: By Appointment (Usually you can find me 30 mins before class or after).

Catalog Description:

This course focuses on learning the fundamental principles of playing soccer, developing the skills to play the game, understanding the 4 components required to play (Pillars of the Game), as well as the rules of the game for each of the different governing bodies.

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.
6. Understand the Physiological, Psychological, Technical and Tactical demands the game places upon us and how we respond to such demands
7. Identify soccer as a specific sport type and be able to label its common characteristics as a “Ground Sport”

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. Principles of Attacking and Defending. Restarts. Research and Statistics. Equipment. Basic rules of soccer. Conditioning, Nutrition, Sport Psychology, Physiology Technique and Tactics as applied to the soccer game.

B. Class Activity: A variety of learning environments either on the field or in the classroom (blackboard sessions) where exercises to play in and/or to paint pictures, in shadow and full contact format will be utilized. Conditioning exercises will be employed with an emphasis for participants to actively try them (times vary from 30 secs on up) and experience the affect.

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. Mid-Term and Final Skill Tests (30%) 300 points

1. **Short distance passing and receiving (50 p):** Inside foot passing and receiving=15 points, outside foot passing and receiving= 15 points, toe passing and sole of the foot receiving= 20 points. Total is 50 points.
2. **Throwing-in and Air Ball Trapping (50 p):** Throwing in =25 points. Chest, Inside foot/outside foot, thigh air ball trapping=25 points. All trapping must demonstrate good ball control skills and within one yard distance from the body. Two attempts for each technique.
3. **Dribbling (50 p):** Dribble soccer ball 30 yard zigzag around cones. Two attempts. Time recorded being less than 13 seconds=50 points, 14 seconds=40 points, 15 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.
4. **Distance Kicking (50 p):** 25 yard=50 points, 20 yard=40 points, 15 yard=30 etc. The ball must reach the distance **in air**. For women, it is five yard less than men. 2 attempts.
5. **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 fast speed.
6. **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.

B. Written Exams (30%) 300 points

First Written Exam (History, technique, strategy theory etc.) 100

Second Written Exam/presentations (Law of the Game) 100

Final Written Exam: (All of above Soccer Theory) 100

C. Participation and Motivation (40 %) 400 points

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

Students will earn **150 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=920–1000 A-= 900-919 B+=880–899 B=820-879 B-=800–819 C+=780–799

C=720-779 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599

Class Attendance Policy:

A. You are expected to attend all of the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **severe sickness or emergencies** and you have to communicate with me before/after in order to arrange in making up your missed work. **The Maximum two (2) absences (oneweek class) may be allowed with my consensus.** You must communicate with me before or immediate after you plan or have missed a class for whatever reasons you have.

B. After 2 allowed absences, **each of the following absence will be panelized with a deduction of your participation's grade points:**

3 absences= -50, 4 absences= -100, 5 absences= -200, 6 absences= 300, 7 absences= -400

C. Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance and may also need to make up the missed classes.

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 that, **each time you late will be a deduction your grade: Late 5min=10p, 10min=15p 15min=20p 20min=25p etc.**

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:

Handouts will be given out.

PE 134 TTh Soccer and Conditioning Calendar

August

2-Aug T	Introduction
31-Aug Th	Field Introduction

September

2-Sep Th	Skill Practice on the field
7-Sep T	Classroom-What is Soccer, technique vs tactics, characteristics of soccer What players need from coaches, Acquisition of skill
9-Sep Th	Skill Practice on the field
14-Sep T	Skill Practice on the field-Basic Rules/Field Dimensions
16-Sep Th	Lecture-Muscles Physiology- Tactics & Technique, History of the Game
21-Sep T	Skill Practice on the field
23-Sept Th	Lecture-Muscles Physiology-Tactics & Technique, History of the Game
28-Sep T	Written Exam 1- <i>History, Theory, Tactics, Technique, Principles, Muscle Physiology</i>

October

30-Sep Th	Skill Practice on the field
5-Oct T	Go over Exam 1 & Begin Lecture- Laws, Nutrition, Diet & Health
7-Oct Th	Skill Practice on the field

FALL BREAK

FALL BREAK

FALL BREAK (9-12)

14-Oct Th	Skill Practice on the field
19-Oct T	Lecture-cont... Laws, Nutrition, Diet & Health & Flexibility
21-Oct Th	Midterm Skills Test on Field
26-Oct T	Written Exam 2 <i>Laws of the Game, Nutrition, Diet & Health & Flexibility</i>
28-Oct Th	Go over Exam 2-Begin Lecture on Cardiovascular Fitness –History- Tactics & Technique

November

2-Nov T	Skill Practice on the field
4-Nov Th	Lecture Cardiovascular Fitness –History-Tactics & Technique
9-Nov T	Skill Practice on the field
11-Nov Th	Lecture- Cardiovascular Fitness –History-Tactics & Technique
16-Nov T	Skill Practice on the field -
18-Nov Th	Written Exam 3 <i>Cardiovascular Fitness –History-Tactics & Technique</i>
23-Nov T	Go over Exam 3-
25-Nov Th	Thanksgiving Recess – no class
30-Nov T	Skill Practice on the field

December

2-Dec Th	Final Skill Test and Final Exam Reviewing
7-Dec T	Final Skill Test

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

