

Las Positas College  
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## Course Outline for KIN FS1

### INTRODUCTION TO FUTSAL

Effective: Fall 2019

#### I. CATALOG DESCRIPTION:

KIN FS1 — INTRODUCTION TO FUTSAL — 1.00 - 2.00 units

This is an introductory course designed to review and practice the basic fundamental skills relative to the game of Futsal. Students will learn the basic rules of Futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball.

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

Family: Kinesiology Futsal

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

1. Review the rules of Futsal
2. Define an appropriate warm-up sequence for Futsal
3. Define the difference between indoor soccer and futsal
4. Identify the terminologies used in Futsal
5. Select appropriate conditioning exercises for Futsal
6. Recall court and field dimensions used in Futsal

#### V. CONTENT:

- A. Analyze Rules of Futsal
- B. Safety and proper warm-up for Futsal
- C. Futsal as a universal game
- D. Terminology of Futsal
- E. Conditioning for Futsal
- F. Use the Internet and other media sources to further understand Futsal
  1. Futsal World Cup
  2. FIFA Futsal
- G. Court and field dimensions

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Lab** -
- C. **Discussion** -
- D. **Lecture** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Futsal exercises executed in-court to demonstrate understanding of futsal rules
- B. Reading FIFA Futsal Rules book
- C. Watch Futsal videos and write comments about futsal rules observed
- D. Collaborative learning and small group presentation of exercises

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Simulation
- B. Group Projects

C. Class Participation

IX. TYPICAL TEXTS:

1. United States Futsal Federation (2012). *Laws of the Game*. : FIFA.
2. Hermans, Vic (2010). *Futsal: Techniques, Tactics, Training*. : Meyer & Meyer Sport.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students need to provide proper soccer attire and indoor soccer shoes
- B. Internet websites as assigned by instructor