

Las Positas College
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Course Outline for KIN 48B

INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN 48B — INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER — 3.00 units

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season.

3.00 Units Lab

Strongly Recommended

KIN 48A - Pre-Season Intercollegiate Women's Soccer
 with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

	MIN
Lab Hours:	162.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KIN48A

IV. MEASURABLE OBJECTIVES:

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

- A. Interpret the rules of CCCAA Women's Soccer
- B. Categorize individual techniques and strategies of intercollegiate women's soccer
- C. Evaluate individual and team performance in all aspects of the sport, including technique, offensive/defensive strategies and principles of play.
- D. Compare the aerobic and anaerobic demands of soccer at the intercollegiate level
- E. Measure the influence of performance enhancing strategies (E.g. goal-setting, focus/concentration, imagery/vizualization, motivation etc.) in practice and competition
- F. Compete in intercollegiate games
- G. Differentiate goals conceded using video analysis by applying the defensive principles of play (for example, delay, depth, compactness, balance, patience, and predictability).

V. CONTENT:

- A. Rules of California Community College Women's Soccer competition
- B. Practice and performance of individual skills of the sport
 1. Dribbling
 2. Passing
 3. Shooting
 4. Defending
 5. Heading
- C. Offensive and defensive strategies
 1. Development
 2. Execution
 3. Strategic Utilization
 4. Evaluation
- D. Physical conditioning
 1. anaerobic components
 2. aerobic components
- E. Performance enhancement
 1. Goalsetting
 2. Focus/concentration

- 3. Imagery/vizualization
- 4. Motivation
- F. Intercollegiate competition
- G. Categorizing goals conceded considering defensive principles of play
 - 1. Delay
 - 2. Depth
 - 3. Compactness
 - 4. Balance
 - 5. Patience
 - 6. Predictability

VI. METHODS OF INSTRUCTION:

- A. **Observation and Demonstration** - Individual skills and team tactics of women's soccer
- B. Video analysis of goals conceded considering defensive principles of play
- C. **Projects** - Contribution of psychological factors in soccer (e.g. goal-setting, focus, imagery and motivation).
- D. **Research** - Anaerobic and aerobic components of intercollegiate soccer
- E. **Demonstration** - The rules of CCCAA Women's Soccer

VII. TYPICAL ASSIGNMENTS:

- A. Following an instructor demonstration, teach peers the execution of an individual skill or group strategy
- B. Referencing sport psychology textbooks and research illustrate the psychological factors which influence performance in collegiate soccer.
- C. Using peer reviewed journals, research the physiological components of soccer and the contribution of aerobic and anaerobic energy systems.
- D. Following observation of a video of collegiate soccer analyze goals conceded and categorize them considering the defensive principles of play
- E. Following an instructor demonstration individuals serve as officials in practice scrimmages to demonstrate an understanding of the rules of CCCAA women's soccer.

VIII. EVALUATION:

- A. **Methods**
 - 1. Research Projects
 - 2. Projects
 - 3. Simulation
 - 4. Class Performance
- B. **Frequency**
 - 1. Research projects once per semester
 - 2. Video analysis project once per semester
 - 3. Weekly simulation for understanding CCCAA rules
 - 4. Weekly skills assessments for class performance

IX. TYPICAL TEXTS:

- 1. Luxbacher, J. (2014). *Soccer - Steps to Success* (4th ed.). Champaign, Illinois: Human Kinetics.
- 2. Barker, I., & Newberry, D. (2014). *Complete Soccer Coaching Curriculum for 3-18 Year Old Players: Volume 1* (1st ed.). Kansas City, MO: Coaching Media Group.
- 3. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. (Note – the Intercollegiate Athletics program furnishes practice and game uniforms)
- B. Protective equipment