

PE 105 Soccer and Conditioning
(Fall 2007, TTh 2:30 to 3:45 pm)

Instructor: Dr. Yang, Guibao
Phone: 770-784-8371,
E-mail: gyang2@emory.edu
Office hour: MWF: 11:15 to 11:45 am
 MW: 3:15 to 3:45 pm

Office: Gym 103 H
Fax: 770-784-4677
Location: Soccer Field
TTh: 3:45 to 5:30 pm
Also by an appointment.

Catalog Description:

This course focuses on learning fundamental soccer skills, basic soccer tactics, game strategies, and rules etc. This course also covers five areas of health and fitness concepts, i.e. cardiovascular fitness, muscular fitness, flexibility, body composition, and nutrition.

Course Objectives:

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

1. Understand the 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 rules.
6. Learn and Identify the components of physical fitness.
7. Assess and evaluate his/her present physical fitness status.
8. Demonstrate how to improve personal fitness.
9. Learn and identify the importance of nutrition in relation to fitness.
10. Improve and maintain personal health and fitness.

Course Topics:

- A. Lectures: Class orientation, general introduction; Soccer skills such as Kicking, Trapping and Receiving, Dribbling, and so on. Basic soccer tactics and strategies and principles of soccer game. Basic rules of soccer game. Invitation to personal wellness and fitness; the joy of fitness, cardiovascular fitness, muscular strength and endurance; flexibility; body composition; physical fitness program; personal nutrition; personal weight and stress management.
- B. Class Activity: Variety soccer skill learning drills and conditioning exercise activities. Variety soccer games.

Instructional Activities and Methodology:

A developmental and systematic approach will be employed for teaching this course. Students will be provided with the learning opportunities in the form of discussion, visual aids, literature reviews, individual projects and a variety of exercise session and activities to improve their cognitive knowledge, motor skills, and personal health and wellness.

Evaluation:

A. Final Skill Tests (35%) 350 points

1. Kicking: 150 points

Distance Kicking: 40 yard=75 points, 35 yard=70 points, 30 yard=65 points, 25 yard=60, 20 yard=55 points etc. The ball must reach the distance in air.

Shooting: 7 attempts of penalty kick, each goal made =15 points and total is 75 points. The ball can be in air or on the ground to make a goal, but ground ball must have certain speed.

2. Trapping: 100 points

Air ball trapping and receiving (use foot or other parts of the body) = 50 points. Ground ball trapping = 50 points. All trapping must be in good control and the ball distance is within the body one yard. Two attempts each.

3. Dribbling: 100 points

Dribble soccer ball 30 yard zigzag around cones. Two attempts. Time being less than 15 seconds will be rewarded=100 points, 16 seconds=95 points, 17 seconds=90 points etc. Each time one misses a cone will lose 10 points.

B. Written Exams (35%) 350 points

First Written Exam (Topic 1-4):	100
Second Written Exam (Topic 5-8):	100
Third Written Exam (Soccer Theory)	100
(One of the lowest exams' grades will be dropped)	
Final Written Exam:	150

C. Participation and Motivation (30 %) 300 points

Students will earn **200 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** (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)** absences (one-week class) will be allowed without penalty for the semester. **These two allowances are only 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 and after you miss the class for whatever the reason you have.

- B.** After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted for the next two absences, and 100 points will be deducted from the Fifth absence and after. If one has more than SIX (6) absences, one automatically fails the class.**
- C.** Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- 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 **two times**. After two times, **10 points will be deducted automatically from each tardy.**
- E.** Under the special circumstances, I may give opportunities to let a student to make his/her absences if I consider the absences to be reasonable for example, family emergency and accident etc. The student must give me the solid reasons why he/she misses each class.

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 sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. You have to have a pair of soccer cleats or shoes you can play soccer. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C.** Try not to wear jewelry and glasses worn should be secured.
- D. Attention:** Class activities vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). **If you don't feel comfortable to use your head to heading the ball, please let me know.** 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 105		TTh	Soccer and Conditioning Calendar
W		Day	Activities
	August		
1	30-Aug	Th	Introduction
	September		
2	4-Sep	Tues	Introduction and skill preparation
	6-Sep	Th	Lecture and Skill practice
3	11-Sep	Tues	Lecture and Skill practice
	13-Sep	Th	Lecture and Skill practice
4	18-Sep	Tues	Lecture and Skill practice
	20-Sep	Th	Lecture and Skill practice
5	25-Sep	Tues	Lecture and Skill practice
	27-Sep	Th	Written Exam 1 and Skill practice
	October		
6	2-Oct	Tues	Go over Exam 1 and Skill practice
	4-Oct	Th	Lecture and Skill practice
7	9-Oct	Tues	Fall break – No class ☺
	11-Oct	Th	Lecture and Skill practice
8	16-Oct	Tues	Lecture and Skill practice
	18-Oct	Th	Lecture and Skill practice
9	23-Oct	Tues	Lecture and Skill practice
	25-Oct	Th	Written Exam 2 and Skill practice
10	30-Oct	Tues	Lecture and Skill practice
	November		
	1-Nov	Th	Lecture and Skill practice
11	6-Nov	Tues	Lecture and Skill practice
	8-Nov	Th	Lecture and Skill practice
12	13-Nov	Tues	Lecture and Skill practice
	15-Nov	Th	Written Exam 3 (Teacher goes to Conference)
13	20-Nov	Tues	Lecture and skill practice
	22-Nov	Th	Thanksgiving – no class
14	27-Nov	Tues	Final Skill Test and Final Exam Reviewing
	29-Nov	Th	Final Skill Test
	December		
15	4-Dec	Tues	No Class, Teacher goes to Conference
	6-Dec	Th	No Class, Teacher goes to Conference
16	11-Dec	Tues	FINAL EXAM

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