

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 125 Intercollegiate Soccer (Men/Women)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced technical skills and the tactics in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Apply the fundamental technical skills of passing, trapping, dribbling, heading and shooting.
2. Identify when to use team tactics in game situations.
3. Apply a thorough understanding of soccer rules and their application to game situations.
4. Apply improved conditioning as a result of cardiovascular training.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Laws (rules) of the game.
2. Soccer terminology.
3. Methods of conditioning
 - A. Cardiovascular endurance training: Long distance running, interval training, circuit training.
 - B. Muscular strength and endurance: Weight training and plyometrics
 - C. Psychological conditioning: Concentration, focus and visualization.
4. Individual skills (techniques)
 - A. Passing
 - B. Trapping
 - C. Dribbling
 - D. Heading
 - E. Shooting
 - F. Tackling
 - G. Volleying

- H. Ball Control
- I. Goalkeeping
- 5. Principles of play
 - A. Functional training: The role of the player in each particular field position.
 - B. Offensive tactics: Switching focal point of attack, give and go, support positioning, triangle passes, overlapping, crosses, creating space, pass selection, shot selection.
 - C. Defensive tactics: Delay, control/restraint, covering, support positioning, recovering, man-to-man marking, zone marking, the wall, clearing the ball.
 - D. Transition: Adjusting to loss of possession, counter attack.
 - E. Re-start situations: Throw-ins, free kicks, corner kicks, penalty kicks, kick offs.
- 6. Principles of Defense
 - A. Pressure
 - B. Cover
 - C. Balance
- 7. Principles of attack
 - A. Penetration
 - B. Depth
 - C. Mobility
 - D. Width
- 8. Systems of play
 - A. Methods of arranging players on the field: 3-4-3, 4-4-2, 4-3-3, 3-5-2, etc.

REQUIRED READING: None

SUGGESTED READING: Soccer America. (weekly soccer journal - covers prep, college and pros).
 FIFA Rules. (Federation International of Football Association).
 Complete handbook; Alan E. Meyer
 Rules and regulations
The Challenge of Soccer; Hubert Vogelsinger

REQUIRED WRITING: Critique of individual performance indicating probable areas of improvement.
 Scouting reports.
 Analysis of a soccer match.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Attend professional soccer matches or college level contests

INSTRUCTIONAL METHODOLOGY:

Individual instructions in the form of explanation and demonstration, is given to each participant as needed. Group instruction is given at various intervals during practice and before and after each match.
 Videotaping at least one game for each player's review and self-analysis.

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	50%	90% - A
Skills/Endurance Improvement	20%	80% - B
Contribution to team (leadership, responsibilities, sportsmanship, motivation)	20%	70% - C 60% - D
Written Exam	$\frac{10\%}{100\%}$	Below - F

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Carlos Hernandez, extension 2725
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SIGNATURES:

By signing this form, I certify that this course outline of record meets all the minimum requirements for associate degree credit courses as specified in Title 5 Section 55002.

SIGNATURES ON FILE