

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:** PE 168 Soccer

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Beginning skills in soccer. Analysis of individual positions, rules, basic drills, and team play.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1. apply principles of proper body mechanics.
2. evaluate skill development by observation and practical testing.
3. analyze current soccer offensive and defensive systems.
4. demonstrate the technical skills of soccer.
5. compare and contrast the benefits of a lifetime fitness program.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Laws of the game
  - A. Introduction of the game
  - B. The field of play
  - C. Specific regulations
  
- II. Individual Skills
  - A. Passing
  - B. Trapping
  - C. Dribbling
  - D. Heading
  - E. Shooting
  - F. Tackling
  - G. Volleying
  - H. Ball control
  - I. Goalkeeping
  - J. Shielding
  - K. Feinting
  
- III. Principles of Play
  - A. Functional Training - The role of each field position
  - B. Re-Start Situations:
    - 1. Throw-ins
    - 2. Free kicks
    - 3. Corner kicks
    - 4. Penalty kicks
    - 5. Goal kicks
  
- IV. Principles of defense
  - A. Pressure
  - B. Cover
  - C. Balance
  - D. Concentration
  
- V. Principles of attack
  - A. Penetration
  - B. Depth
  - C. Mobility
  - D. Width
  
- VI. Systems of Play (Player arrangement)  
3-4-3, 4-4-2, 3-5-2, 4-3-3
  
- VII. Conditioning
- VIII. Stretching

**REQUIRED READING:**

Instructor generated handouts on soccer rules, regulations and language.

**SUGGESTED READING:**

Soccer America  
The Challenge of Soccer

**REQUIRED WRITING:**

Skill demonstrations on laws of the game, individual skills and principles of play are more appropriate.

**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.

Read and study handouts, lecture notes, practice skills, and study for exams. Students are expected to attend one Community College or other higher education soccer contest.

**INSTRUCTIONAL METHODOLOGY:**

Check all that apply:

lecture  
 laboratory  
 lecture-laboratory combination  
 directed study

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

Yes  No .

If yes, check all that apply. (See guidelines for preparation for definitions.)

telecourse  
 mediated instruction  
 computer assisted instruction

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

70% - participation  
15% - Skill evaluation  
15% - Written exam

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

Yes  No  Number of times course may be taken for credit: 4.

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:** Cem Tont

Ext. 2482