Course Prefix and Number: PED 150  Credits: 2

Course Title: Soccer I

Course Description: Emphasizes soccer skills and techniques, strategies, rules, equipment, flexibility, and physical conditioning. Lecture 1 hour. Laboratory 2 hours.

General Course Purpose: This course is designed to provide instruction and practice in the game of soccer with the goal being the development of skills for, and attitude commensurate with, participation in a lifetime, health- and fitness-promoting recreational sport.

Course Prerequisites and Co-requisites: None

Course Objectives:
Upon completing the course, the student will be able to:

a. Demonstrate the basic soccer skills of dribbling, passing, trapping, and shooting;
b. Describe the rules of the game of soccer;
c. Explain the positions of the game of soccer;
d. Accurately keep score;
e. Demonstrate proper soccer etiquette when playing (etiquette includes general good manners and sportsmanship while precluding any foul language, complaining, or equipment abuse);
f. List proper equipment needed for soccer practices vs. soccer matches;
g. Demonstrate basic offensive and defensive strategies;
h. Describe the fitness value of soccer and how to improve conditioning;
i. Identify the value of the warm-up and how to improve flexibility; and
j. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of soccer skills.

Major Topics to Be Included:
a. Fitness benefits of soccer and conditioning
b. Warm-up exercises and flexibility
c. Proper equipment selection
d. Rules
e. Positions
f. Scoring
g. Skill development (dribbling, passing, trapping, and shooting)
h. Strategies (offensive and defensive)
i. Drills and practice time
j. Game situations and scrimmage play

Effective Date of Course Content Summary: September 2015