

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Techniques of Soccer (Soccer Fitness)
<b>COURSE NUMBER</b>	EXSC-0184
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	2
<b>CONTACT HOURS/WEEK</b>	Class: 1                      Lab: 1
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

This course will condition students for playing soccer. The course is designed to meet the specific conditioning needs of the soccer player. Soccer is a high intensity, high speed and a very skill dominant game. The training in this course reflects that, as well as addressing all the fundamentals in terms of movement.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## COURSE OUTLINE

- I. Soccer specific footwork
- II. Soccer specific warm-up
- III. Plyometrics
- IV. Flexibility
- V. Aerobic endurance
- VI. Anaerobic capacity
- VII. Improving starting speed (explosiveness)
- VIII. Multi-directional speed
- IX. Speed with the ball
- X. Quickening reaction time

## **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. The student will be able to improve their fitness for soccer by working on speed, quickness.
- B. The student will be able to increase their physical and cardiovascular endurance.
- C. The student will be able to improve their physical strength, footwork and speed with the ball.

## **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

## **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.