

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 150

Credits: 2

Course Title: Soccer I

Course Description (including lecture hours, lab hours, total contacts)

Emphasizes soccer skills and techniques, strategies, rules, equipment, flexibility, and physical conditioning. Uses field demonstration, drills, practice time, and some scrimmaging to help students learn and improve soccer skills and knowledge. Also includes classroom time to cover topics such as rules, strategy, video demonstration of skills, and soccer history (video of great players and epic matches). Class assignments will consist primarily of weekly journal entries dealing with specific health and fitness self-improvement goals and strategies. Such assignments will count significantly toward the final grade. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

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/Corequisites (*Entry-level competencies **required** for enrollment*)

No prerequisites are required for this course.

Course Objectives (Each item should complete the following sentence.)

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

- A. Properly execute the basic soccer skills of dribbling, passing, trapping, and shooting.
- B. Understand and apply the rules of the game of soccer.
- C. Understand the positions of the game of soccer.
- D. Accurately keep score.
- E. Apply proper soccer etiquette when playing (Etiquette includes general good manners and sportsmanship while precluding any foul language, complaining or equipment abuse).
- F. Select proper equipment.
- G. Understand and apply basic offensive and defensive strategies.
- H. Understand the fitness value of soccer and how to improve conditioning.
- I. Understand the value of the warm-up and how to improve flexibility.

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 (Month, Date Year): May 18, 2009