

Common Course Outline for: EXSC 1118 Soccer**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1 hours Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This course involves offensive and defensive skills of the game as well as strategy and rules. Designed to help beginning and intermediate players learn and appreciate the physical as well as mental aspects of the game. A lifetime fitness activity.

B. Date last revised: January 2019**C. Outline of Major Content Areas**

1. Conditioning: stretching and strengthening exercises
2. Movement Patterns and Ready Positions
3. Offensive Skills: passing, corner kick, dribbling, and heading
4. Defensive Skills: tackling, heading and blocking
5. Team Offensive Strategies: multiple offenses
6. Team Defensive Strategies: multiple defenses
7. Rules, Terminology, and Sportsmanlike Conduct

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Participate in stretching and strengthening exercises.
2. Assume proper ready positions and move efficiently on the field.
3. Explain and demonstrate correct offensive techniques.
4. Explain and demonstrate correct defensive techniques.
5. Apply appropriate offensive and defensive strategies during play.
6. Interpret rules and abide by them in playing situations.
7. Behave in a respectful and considerate manner toward teammates and opponents.
8. Realize that soccer is a fun and challenging physical and mental lifetime activity.

E. Methods for Assessing Student Learning

Attendance and class participation (60%), subjective assessment of effort and skill (20%), written objective testing (20%).

F. Special Information

None