SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Techniques of Soccer (Soccer Fitness)
COURSE NUMBER: EXSC0184
CREDIT HOURS: 2
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

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.

METHOD 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, and panels, conferencing, learning experiences, and performances 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

EXPECTED LEARNER OUTCOMES:
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.

COURSE COMPETENCIES:

The student will be able to improve their fitness for soccer by working on speed, quickness.

1. The student will be able to demonstrate the knowledge of how to do a soccer specific warm-up.
2. The student will be able to demonstrate the knowledge of how to improve leg strength.
3. The student will be able to demonstrate the knowledge of how to improve flexibility.
4. The student will be able to demonstrate the knowledge of how to improve starting speed.
5. The student will be able to demonstrate the knowledge of how to improve multi-directional speed.
6. The student will be able to demonstrate the knowledge of how to improve reaction time.

The student will be able to increase their physical and cardiovascular endurance.

7. The student will be able to demonstrate the knowledge of how to improve aerobic endurance.
8. The student will be able to demonstrate the knowledge of how to improve anaerobic capacity.
9. The student will be able to demonstrate proper guidelines for safe participation in cardiovascular activities.

The student will be able to improve their physical strength, footwork and speed with the ball.

10. The student will be able to demonstrate the knowledge of how to quicken footwork.
11. The student will be able to demonstrate the knowledge of how to improve speed with the ball.
12. The student will be able to identify the factors that contribute to human strength and power.
13. The student will be able to design a resistance training program that avoids over training.
14. The student will be able to list and explain the various types of flexibility training.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to exams, written assignments, and class participation.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

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