

Course Outline of Record

1. Course Code: VSW-054
2.
 - a. Long Course Title: Varsity Soccer-Women
 - b. Short Course Title: VS SOCCER-WOMEN
3.
 - a. Catalog Course Description:
This course is intercollegiate competition for Performance Oriented students who demonstrate a high degree of skill and interest. May be taken for a total of four times.
 - b. Class Schedule Course Description:
Soccer Intercollegiate team class.
 - c. Semester Cycle (if applicable): Spring semester
 - d. Name of Approved Program(s):
4. Total Units: 3.00 Total Semester Hrs: 175.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 3 Semester Lab Hrs: 175.00
 Class Size Maximum: 30 Allow Audit: No
 Repeatability Repeatable 3 Times
 Justification Title 5 § 55041. Repeatable Courses. (a) Districts may only designate the following types of courses as repeatable: (3) Intercollegiate athletics, as defined in section 55000
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
 Limitation on Enrollment: Successful tryout.
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

- a. Principles and fundamentals of the sport.
- b. Coach and team philosophy, objectives, and goals.
- c. Conditioning and nutrition.
- d. Advanced skill development and analysis.
- e. Special situations.
- f. Strategies, methods, and techniques.
- g. Practice.
- h. Competition preparation.
- i. Intercollegiate competition.
- j. Performance evaluation

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Principles and fundamentals of the sport.
2. Coach and team philosophy, objectives, and goals.
3. Conditioning and nutrition.
4. Advanced skill development and analysis.
5. Special situations.
6. Strategies, methods, and techniques.
7. Practice.
8. Competition preparation.

- 9. Intercollegiate competition.
- 10. Performance evaluation.

9. Course Student Learning Outcomes:

- 1. Execute the fundamental skills of community college soccer.
- 2. Cite and apply the rules of community college soccer.
- 3. Understand and apply eligibility/academic standards for collegiate athletics.
- 4. Develop physical fitness.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate potential to achieve skills at the level necessary to participate in intercollegiate athletics.
- b. Maintain physical conditioning and training at the intercollegiate level.
- c. Practice safety and injury prevention.
- d. Understand the rules and strategies of the sport.
- e. Exhibit character, sportsmanship and loyalty.
- f. Assume responsibility.
- g. Maintain the academic standards necessary for participation in intercollegiate athletics and to attain educational goals.
- h. Identify and understand the dangers of substance abuse.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion

Other Methods:

Video Analysis (Team/Individual/Opponents)

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 180.00

Outside Class Hours: 0

a. In-class Assignments

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b. Out-of-class Assignments

a. Intercollegiate Competition b. Review of Practice/Contest Videos c. Analysis of Intercollegiate and Professional Competition d. Upkeep of Notebook e. Assigned Reading f. Travel to Competition

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Presentations/student demonstration observations

14. Methods of Evaluating: Additional Assesment Information:

- a. Completing essay assignment
- b. Demonstrating proficiency in skill sets
- c. Improvement in performance as defined by season statistics against baseline measures
- d. Implementing game strategy through problem solving

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Interact with individuals and within groups with integrity and awareness of others' opinions, feelings, and values.

IO - Personal and Professional Development

Develop realistic goals.

16. Comparable Transfer Course

