

### Basic Course Information

|                   |   |                        |                                      |
|-------------------|---|------------------------|--------------------------------------|
| Semester:         | <b>Fall 2024</b>                                    | Instructor Name:       | <b>Rafael Contreras</b>              |
| Course Title & #: | <b>Intercollegiate Men's soccer and PE ATHL 124</b> | Email:                 | <b>rafael.contreras@imperial.edu</b> |
| CRN #:            | <b>10427</b>  | Webpage (optional):    |                                      |
| Classroom:        | <b>SOCCER FIELD</b>                                 | Office #:              | <b>700</b>                           |
| Class Dates:      | <b>7/29/24-11/15/24</b>                             | Office Hours:          | <b>4:15-5:15PM</b>                   |
| Class Days:       | <b>M-F</b>  | Office Phone #:        | <b>760 960-5973</b>                  |
| Class Times:      | <b>5:15 PM-7:20PM</b>                               | Emergency Contact:     | <b>Frances Arce-Gomez</b>            |
| Units:            | <b>3</b>  | Class Format/Modality: |                                      |

### Course Description

*This class is designated for preparation and training involved with intercollegiate soccer competition. Maximum credit is twelve units.*

### Course Prerequisite(s) and/or Corequisite(s)

*PREREQUISITES: Eligibility will be determined by CCCAA rules.*

### Student Learning Outcomes

*Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:*

1. [Perform with an increasing degree of proficiency, the skills and techniques of competitive soccer.](#)
2. [Increase and improve their physical conditioning for competitive soccer.](#)

### Course Objectives

*Upon satisfactory completion of the course, students will be able to:*

1. *Execute dribbling techniques.*
2. *Execute shooting techniques.*
3. *Execute trapping techniques.*
4. *Demonstrate heading skills.*
5. *Demonstrate passing skills.*
6. *Employ advanced individual and team strategies.*
7. *Demonstrate levels of physical fitness needed for intercollegiate athletics.*

### Textbooks & Other Resources or Links

*None*



IMPERIAL VALLEY COLLEGE

## Course Requirements and Instructional Methods

*Practice attire:*

*Mondays and Wednesdays = white jersey*

*Tuesdays and Thursdays = black jersey*

*Friday = jersey day*

*Make sure to bring running shoes and soccer cleats to every practice*

## Course Grading Based on Course Objectives

*Your grade is based in three major requirements:*

- 1. Attendance and class participation is (35) percent of the grade.*
- 2. Soccer skills and conditioning improvement is (35) percent of the grade.*
- 3. Discipline in class and sportsmanship in scrimmage/games is (30) percent of the grade.*

*I. The grading scale is as follows:*

*II. 90-100% A*

*III. 80-89% B*

*IV. 70-79% C*

*V. 60-69% D*

*VI. 59 and below F*

## Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

## Course Policies

## Other Course Information

## IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

## Anticipated Class Schedule/Calendar



IMPERIAL VALLEY COLLEGE

---

---

| <b>Date or Week</b>              | <b>Activity, Assignment, and/or Topic</b>  |  |
|----------------------------------|--|--|
| Week 1 & 2<br>July 29- Aug 9     | Syllabus & conduct a pre-test activity to see where student athlete is at.   |  |
| Week 3 and 4<br>August 12-23     | Conditioning and preparation for start of college soccer season.   |  |
| Week 5-14<br>Aug 26- Nov 1       | Practices will be planned according to how our season progresses . Subject to change depending on results and performance of each game |  |
| Week 15 and 16<br>Nov 4 - Nov 15 | Conduct a post-test activity to see how much each student athlete has progressed throughtout the semester.                             |  |

**\*\*\*Subject to change without prior notice\*\*\***