

PRE-SEASON CONDITIONING FOR ATHLETES
CRN: 20528 PE 161 SPRING 2013

INSTRUCTOR: **RAFAEL CONTRERAS** **OFFICE: 704 (MW 2:00-5:00PM)**
PHONE: **cell: (760) 960-5973** **Office: (760) 355-6325**

CLASS DAYS & TIMES: **MW: 3:05-4:30PM** **CLASSROOM: SOCCER FLD**
CREDIT UNITS: **1.50** **REQUIRE TEXT: NONE**

I. COURSE DESCRIPTION:

This course is designated to prepare athletes for intercollegiate competition and master soccer experience for university level competition.

II. COURSE OBJECTIVES:

1. To develop fundamental soccer skills, physical conditioning, and tactical strategies.
2. To understand the basic rules and terminology.
3. To develop and upgrade soccer level for college soccer team.
4. To develop sufficient interest in soccer to continue at university level.

III. COURSE OUTLINE:

Week 1: evaluation of student's soccer skills and conditioning
Week 2: physical conditioning & upgrade soccer skills.
Week 3 & 4: physical conditioning, rule interpretation, tactical skills, and soccer scrimmages.
Week 5-18: master soccer skills, physical conditioning, and tactical strategies for competitive soccer games.

IV. PROPER DRESS:

Proper dress for class includes:

1. White t-shirt, soccer shorts, soccer socks, shin guards, and soccer shoes.
2. All equipment for class needs to be bought by students. **NO** street shoes of any kind will be allowed.

V. GRADING:

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 scrimmages is (30) percent of the grade.

The grading scale is as follows:

90-100%	A
80-89%	B
70-78%	C
60-69%	D
59% & below	F

VI. ATTENDANCE POLICY:

You are allowed three absences. If you are absent a fourth time, you will be dropped from the class.

Three tardiness to class will equal to one absence.

Any student with a documented disability who may need educational accommodations should notified the instructor or the Disabled Student Program and Services (DSP & S) office as soon as possible.

DSP & S Room 2117 Health Science Building (760) 355-6312