# PRE-SEASON CONDITIONING FOR ATHLETES CRN: 20371 ATHL 161 SPRING 2014

INSTRUCTOR:	RAFAEL CONTRERAS	OFFICE: 704 (MW 2:00-5:00PM)
PHONE:	cell: (760) 960-5973	Office: (760) 355-6325
CLASS DAYS & TIMES:	MW: 3:05-4:05PM	CLASSROOM: SOCCER FLD
CREDIT UNITS:	1.00	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. COURCE 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 (45) percent of the grade.
- 2. Soccer skills and conditioning improvement is (30) percent of the grade.
- 3. Discipline in class and sportsmanship in scrimmages is (25) percent of the grade.
- The grading scale is as follows:

Α
В
С
D
F

## VI. ATTENDACE POLICY:

You are allowed three absences. If you are absent a fourth time, you will be dropped from the class. Three tardiness to class equals one absence.

V11. Student Learning Outcome: Upon completion, the successful student will have acquired new skills, knowledge, and/or attitudes as demonstrated by being able to:

- 1. perform with an increase degree of proficiency the skills and techniques of competitive soccer at college and university level standards (SLO 2, SLO 3).
- 2. Student will increase improvement of physical conditioning, ball control, dribbling, game awareness, decision making, as well as stamina & endurance (SLO 1, SLO 2).
- 3. Student would have learned rules, team communications, self discipline, and tactical systems skills (SLO 1)

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