

## Imperial Valley College Course Syllabus- ATHL 125

SPRING 2016 INSTRUCTOR: HUGO ORTEGA

OUT OF SEASON INT WOMEN'S SOCCER EMAIL: hugo.ortega@imperial.edu

CRN# 20946 OFFICE: 700

ROOM: FIELD OFFICE HOURS: DAILY 2:30-5:00PM

CLASS DATES: FEB 16 2016-JUN 10 2016 OFFICE PHONE: 760 355-6325

CLASS DAYS: MTWRF EMERGENCY CONTACT: Sandy Noel 760 355-6325

CLASS TIMES: 3:05-5:10PM REQUIRED TEXT: NONE

UNITS: 3

### COURSE DESCRIPTION:

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

### 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)

### 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 college and university level.

### COURSE OUTLINE:

Week 1 2/16-2/19: evaluation of student's soccer skills and conditioning

Week 2 2/22-2/26: physical conditioning

Week 3&4 2/29-3/11: physical conditioning & upgrade soccer skills

Week 5 & 6 3/14-3/25: physical conditioning, rule interpretation, tactical skills, and soccer scrimmages.

Week 7&8 3/28-4/08: tactical skills, 4-3-3 system of play, 4-4-2 system of play, & 5-3-2 system of play.

Week 9&10 4/11-4/22: master soccer skills, physical conditioning, tactical strategies for competitive soccer games.

Week 11&12 4/25-5/6: master soccer skills, physical conditioning, and offensive & defensive set plays for college soccer games.

Week 13&14 5/09-5/20: physical conditioning, scrimmage, upgrade soccer skills to college level, and tactical skills improvement.

Week 15 5/23-5-27: interpretation of systems of plays of other colleges and master soccer skills.

Week 16 & 17 5/30-6-10: evaluation of student's physical improvement, soccer skills, tactical strategies for a competitive game.

### MATERIAL NEEDED:

White/red t-shirt, black soccer shorts, soccer socks, shin guards, and soccer shoes.

All equipment for class needs to be brought by student. NO street shoes of any kind.

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### 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/games 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**

**ATTENDANCE:**

A student who fails to attend the first meeting of a class does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips ) will be counted as "excused" absences.

**CLASSROOM ETIQUETTE:**

**Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor. **Consider:** specifics for your class/program

**Food and Drinks:** are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.

**Disruptive Students:** Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework.

Disciplinary procedures will be followed as outlined in the General Catalog.

**Children in the classroom:** Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

**ACADEMIC HONESTY:**

Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written material. If you do not understand how to correctly "cite a source", you must ask for help. Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

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**ADDITIONAL HELP:**

Blackboard support center:

<http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>

**Learning Labs:** There are several "labs" on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program

**Library Services:** There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

**DISABLED STUDENT PROGRAMS AND SERVICES (DSPS)**

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. If you feel you need to be evaluated for educational accommodation, the DSP&S office is located in building 2100, telephone 760 355-6313

#### STUDENT COUNSELING AND HEALTH SERVICES:

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC student Health Center is located in the Health Science building in Room 2109, telephone 760 355-6310

#### STUDENT RIGHTS AND RESPONSIBILITIES:

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at

[http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

#### INFORMAL LITERACY:

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Student can access tutorials at <http://www.imperial.edu/courses-andprograms/divisions/arts-and-letters/library-department/info-lit-tutorials/>