



**Note to Instructor: Replace the placeholder text beneath the headings with the appropriate information for your course. Please note that all sections, with the exception of "Other Course Information," are required elements.**

### Basic Course Information

Semester:	<b>Spring 2023</b>	Instructor Name:	<b>Rafael Contreras</b>
Course # and Title:	<b>Out of season int men's soccer Athl 125</b>	Email:	<b>Rafael.contreras@imperial.edu</b>
CRN #:	<b>20468</b>	Webpage (optional):	
Classroom:	<b>field</b>	Office #:	<b>700</b>
Class Dates:	<b>2/13/23 to 6/09/23</b>	Office Hours:	<b>TBD</b>
Class Days:	<b>M-R</b>	Office Phone #:	<b>760 355-6325</b>
Class Times:	<b>02:45 TO 05:15PM</b>	Emergency Contact:	<b>760 355-6325</b>
Units:	<b>3</b>	Class Format:	<b>In person</b>

### Course Description

This class is designed to prepare athletes for intercollegiate competition/conditioning and mastering soccer experience for university level. Maximum credit 12 units. (CSU) (UC credit limited. See a councillor.) (CSU/UC)

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

none

### Student Learning Outcomes

*Upon 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. \(SLO 2\)](#)
2. [Increased and improve their physical conditioning for competitive soccer.](#)

### Course Objectives

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

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.

### Textbooks & Other Resources or Links

NCAA (2022) NCAA soccer rule book current year). Imperial Valley College (2022/23) Student Athlete Handbook Imperial Valley College. Supplementary materials required by instructor.



IMPERIAL VALLEY COLLEGE

## Course Requirements and Instructional Methods

Download *Map My Run* from the app store.

Bring both running shoes and soccer cleats to practice.

## Course Grading Based on Course Objectives

*Your grade is based in four major requirements:*

- 1. Assignments is 25 of the grade*
- 2. class participation is 50% of the grade*
- 3. tests in soccer skills improvement and conditioning improvement is 25% of grade.*

*the grading scale is as follows:*

<b>90-100%</b>	<b>A</b>
<b>80-89%</b>	<b>B</b>
<b>70-78%</b>	<b>C</b>
<b>60-69%</b>	<b>D</b>
<b>59% &amp; below</b>	<b>F</b>

## Course Policies

- A student who fails to attend the first meeting of a class or 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.

### What does it mean to "attend" an online class?

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:

- Student submission of an academic assignment
- Student submission of an exam
- Student participation in an instructor-led Zoom conference

- Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules
- A posting by the student showing the student's participation in an assignment created by the instructor
- A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.

Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- Plagiarism is taking and presenting 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 materials. If you do not understand how to "cite a source" correctly, 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 that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing 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 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) using a commercial term paper service.

### **How do I show academic honesty and integrity in an online "classroom"?**

- **KEEP YOUR PASSWORDS CONFIDENTIAL.**
  - You have a unique password to access online software like Canvas. Never allow someone else to log-in to your account.
- **COMPLETE YOUR OWN COURSEWORK.**
  - When you register for an online class and log-in to Canvas, you do so with the understanding that you will produce your own work, take your own exams, and will do so without the assistance of others (unless directed by the instructor).

## Other Course Information

[Optionally, include other necessary 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

### Course outline:

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 2/13-2/16	Syllabus orientation & Introduction Evaluation of students soccer skills and conditioning	Fitness test
Week 2 2/20-2/23	Physical conditioning and basic skills drills.	Ball skills test continued
Week 3 & 4 2/27-3/9	Physical conditioning and basic skills drills.	
Week 5 & 6 3/13-3/23	Physical conditioning and basic skills drills. Rule interpretation and tactical skills	
Week 7 & 8 3/27-4/06	Physical conditioning and basic skills drills. Discussion on Counter attacking and 4-3-3 and 4-4-2 systems of play	
Week 9 & 10 4/10-4/20	Master soccer skills, physical conditioning, and tactical strategies for competitive soccer games.	
Week 11 & 12 4/24-5/04	Ball mastery and conditioning. Discussion on dead ball and offensive & defensive set plays for college soccer.	
Week 13 & 14 5/08-5/18	Ball mastery and conditioning. Discussion on off ball movement. Upgrade soccer skills to college level and scrimmage	
Week 15 5/22-5/25	Interpretation of systems of play of other colleges and master soccer skills.	
Week 16 & 17 5/29-6/02	Evaluation of student's physical improvement, soccer skills, and tactical strategies for a competitive game. skills assessment	

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