



IMPERIAL VALLEY COLLEGE

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:	Spring 2024	Instructor Name:	Hugo Ortega
Course Title & #:	Out of Season Intercollegiate Women's Soccer ATHL 126	Email:	Hugo.ortega@imperial.edu
CRN #:	20469	Webpage (optional):	
Classroom:	TRACK	Office #:	
Class Dates:	3/11/24 to 6/07/24	Office Hours:	
Class Days:	M-R	Office Phone #:	
Class Times:	2:45-6:10 PM	Emergency Contact:	760-355-6325
Units:	3	Class Format/Modality:	In Person

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 counselor) (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 demonstrated by being able to:

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

Course Objectives

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

1. [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](#)



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Textbooks & Other Resources or Links

None

Course Requirements and Instructional Methods

Download Map my run from the app store

Bring both cleats and running shoes to practice

Mondays-Wednesdays (red shirt)

Tuesdays-Thursdays (black shirt)

Course Grading Based on Course Objectives

Your grade is based in four major requirements:

1. Assignment is 25 percent of grade
2. Class participation is 50 percent of grade
3. Tests in soccer skill improvement and conditioning is 25 percent of grade.

The grading scale is as follows:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
59% &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

Regular attendance is expected at all times. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.



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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

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 3/11- 3/15	Syllabus and Introduction Evaluation of students soccer skills and conditioning	Fitness Tests
Week 2 3-18-3/22	Physical conditioning and basic skills drills	Basic Ball Mastery
Week 3&4 3/25-4/5	Physical conditioning and basic skills drills Rule interpretation and tactical skills	
Week 5&6 4/8-4/19	Physical conditioning and basic ball mastery drills	
Week 7-13 4/22-6/7	Game-like scenarios and drills, fitness tests (beep test, Louisville Test, National Team Test, Stanford Test)	

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