

**I. COURSE INFORMATION**

- A. Health and Physical Education 221 Introduction to Soccer
- B. 3 credit hours
- C. No textbook required
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

This course familiarizes the student with basic skills, theory, and philosophy of soccer. Both individual skills and team play are emphasized.

**III. LEARNING OUTCOMES**

- A. Demonstrate knowledge of the four components of soccer: technical, tactical, psychological, and physical
- B. Demonstrate knowledge of the rules and regulations of soccer
- C. Run a practice session and utilize coaching terminology
- D. Develop a personal philosophy of coaching the sport of soccer
- E. Describe pre- and post-season training programs

**IV. MAJOR CONTENT AREAS**

- A. Individual player analysis
- B. Team player analysis
- C. Organization to training sessions
- D. Executing functional training sessions

**V. ASSIGNMENTS (may include but are not limited to)**

- A. Create lesson plans
- B. Develop a coaching philosophy
- C. Break down sessions simple to complex
- D. Write practical test topics

**VI. EVALUATION METHODS (may include but are not limited to)**

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams