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