



Course Outline

2026-2027 Catalog

KIN 65 - Soccer

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course improves cardiovascular endurance, strength and game knowledge. Students will learn the basic rules, skills and techniques of soccer. Emphasis will be placed on kicking, dribbling, trapping, heading, passing, and receiving. All skills including offensive and defensive strategies will be learned through live game play.

Objectives

Upon successful completion of this course, the student should be able to:

1. explain the basic rules, history, and conduct of soccer.
2. demonstrate the basic skills of soccer such as dribbling, kicking, and passing.
3. demonstrate offensive and defensive techniques and strategies.
4. participate in team play cooperatively and with proper sportsmanship.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation		2.00
Rules of the game		2.50
Kicking		4.50
Dribbling		4.50
Trapping		4.50
Heading		4.50
Control techniques		3.00
Passing and receiving		4.00
Corner and penalty kicks		3.00
Free kicks		2.50
Tackling/charging/attacking		3.00
Types of offense and defense		4.00
Offensive and defensive techniques		3.50
Team Play		5.50
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Essays and research papers

Examples of Assignments

Reading Assignments

1. Read an article describing the various styles of soccer around the world and plan to discuss in class.
2. Research the origins and basic history of the game of soccer and be prepared to share your findings with the class.

Writing Assignments

1. Create a one to two minute soccer practice plan.
2. Compose a weekly journal log describing what you are learning about the elements of soccer using specific examples.

Out-of-Class Assignments

1. Meet with a sports medicine health professional and ask for descriptions of the most common injuries in soccer. Discuss what measures can be taken to prevent them and discuss your findings with the class.
2. Attend a local High School or College soccer game. Assess the execution of fundamental skills and teamwork, analyze and discuss your findings with the class.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel
- b. Shin guards
- c. Athletic or soccer shoes

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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