

North Hennepin Community College

EXSC 1070: Soccer

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course includes instruction and practice in skills of soccer through drills and game play. Rules, terminology, and strategy also are studied.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. This course includes but is not limited to the topics of:
 - Combination play
 - Group transition
 - Set plays
 - Basic Skill Drills
2. It may also include theory topics such as:
 - Defensive and attacking principles
 - Systems of play
 - Fitness and nutrition principles
 - FIFA/COA rules and structure

D. LEARNING OUTCOMES (General)

1. Understand the history, rules, and terminology of soccer. (MnTC G2, comp. d; Dept. Goals 1,4,6; NHCC ELO 1)
2. Understand the physical, psychological, technical and tactical demands of soccer. (MnTC G2, comp. a; Dept. Goals 1,4,6; NHCC ELOs 1, 2, 3)
3. Develop competence in passing, dribbling, heading, juggling and shooting the ball. (MnTC G2, comp. a; Dept. Goals 1,4; NHCC ELOs 1, 2, 3)
4. Understand how nutrition and fitness plays a role in soccer. (MnTC G2, comp c; Dept. Goals 1,2; NHCC ELOs 1, 2, 3)
5. Develop competence, if not comfort, in combination play, group transition, setting plays, system of plays, and attacking and defensive principles. (MnTC G2, comp b; Dept. Goals 1,4,6; NHCC ELOs 1, 2, 3)
6. Develop an understanding for FIFA/COA Soccer rules and structure. (MnTC G2, comp a; Dept. Goal 6; NHCC ELOs 1, 2, 3)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.