

HHPA 144 : SOCCER

Transcript title

Soccer

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Focuses on fundamental skill development and team play for all levels of soccer players.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of soccer to develop physical fitness and enhance sports activities.
3. Develop SMART goals based on your personal vision of wellness which includes: physical activity, nutrition, and positive self-image.
4. Demonstrate appropriate soccer skills for effective play on various defensive and offensive positions including kicking, heading, dribbling, passing, and controlling the ball.
5. Articulate basic training principles based on individual fitness goals.
6. Summarize a well-rounded fitness program.

Content outline

- Introduction of soccer
- Fitness testing
- Ball work drills
- Throw in drills
- Corner kick drills
- Free kicks drills

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health