

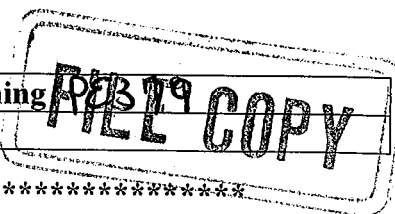
CONTENT REVIEW CHECKLIST

Course Name and Number:

Date of Content Review:

Advanced Soccer Skills and Conditioning

10/23/2012



*****SIGNATURES*****

Department Chair:

DIC Chair:

Division Dean:

CIC Chair:

VP of Instruction or Designee:

[Handwritten signatures: John Goehman, Julie Shyn-lock, and others]

Date:	10/29/12
Date:	11/2/12
Date:	11/6/12
Date:	6/5/13
Date:	6/10/13

✓	Please check this box if there has not been any substantial change to the current course outline, and this course has gone through Content Review since Spring 2000. If you have checked this box, only submit this signature page together with an updated course outline (in approved format), the current (old) outline, and the course-level SLO.
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Reviewed by:

Dept.	DIC	Step	Documentation
✓		1. Involvement of faculty with appropriate expertise;	List names of faculty involved in performing content review of this course.
✓		2. Consideration of course objectives as set by the relevant departments;	List on separate attached sheet (objectives should be on official course outline form)
✓		3. Review based on a detailed course syllabus and outline of record, tests, related instructional materials, method of instruction, type and number of examinations, and grading criteria; IF COURSE BEING REVIEWED DOES NOT HAVE A PRE/CO-REQUISITE, OR ADVISORY, YOU NEED ONLY DO STEPS 1 - 5.	Provide copies of: (in this order) Content Review Audit Procedure Form (for DIC/CIC review) This Checklist (with signatures) Documentation of steps 1-5 or steps 1-9 and include: Justification Statement for offering course Dept. Justification Statement (in relationship to Dept. goals) Cultural Pluralism (if applicable) Content Review Validation Form and include: Pre/Co-requisite/Advisory documentation (if applicable) Challenge process (if applicable) New Course Outline Old Course Outline Updated Syllabus Updated sample test and sample assignment Course-level SLO Distance Ed Supplementary Form (if applicable) Outline on disk (or sent as attachment to CIC office)
✓		4. Identify procedures used to verify that the necessary content and/or skills are being taught, and that they're taught consistently across sections of the same course;	Provide narrative and/or documentation as to how your department verifies this.
✓		5. Maintenance of documentation by the Instruction Office that all steps were taken;	Provide required documentation to Instruction Office where it will be kept on file.
REMINDER: ANY MINOR CHANGES REQUIRES A SUBMISSION OF A COURSE/CATALOG CHANGE FORM ANY MAJOR CHANGES REQUIRES A SUBMISSION OF A COURSE REVISION FORM			
		6. Specification of the knowledge and/or skills which are deemed necessary at entry and/or concurrently;	Provide explicit and detailed narrative description of knowledge and/or skills.
		7. Identification and review of the pre/co-requisite which develops the above-mentioned body of knowledge and/or skills.	Provide copies of course objectives, content, etc. which identifies the knowledge and/or skills.
		8. Matching of the knowledge and skills in the targeted course with those developed or measured by the pre/co-requisite (compare #6 with #7);	Show matches via chart, narrative or other explicit method.
		9. Provide process by which student may challenge a pre/co-requisite.	A challenge process is already in place, but department needs to define acceptable proof for challenging a particular pre/co-requisite: transcript from another school, audition, exam, etc.

JUSTIFICATION FOR PE 379

1. The addition of this class meets the goals of the Athletic Department by allowing the men's soccer program to train intercollegiate student/athletes during our off-season. This class will allow my returning players as well as potential recruits to prepare for the following season by improving their general physical conditioning, their skill level and their tactical understanding of the game.
2. All other Community College soccer programs conduct year around training. It is essential for us to do the same if we want to maintain a successful and competitive program.

DEPARTMENT GOAL JUSTIFICATION

This class is an example of efforts by the PE department to provide the community we serve with classes that are important for maintaining good health and vitality, while adding needed variety to the department's curriculum.

CULTURAL PLURALISM STATEMENT

All courses in the Department of Health, Physical Education and Athletics present a multi-cultural perspective that creates lifestyle, movement, and concepts for long term well-being. While studying or participating in the multi-cultural environment in our health, physical education, and sports activities, students acquire knowledge of other cultures as well.

CONTRA COSTA COLLEGE CONTENT REVIEW FORM VALIDATION FORM

[Use one validation form per pre/co-requisite, advisory
except when Pre/Co-requisites are linked by "or" statements]
Pre/Co-requisites must have Challenge policies

Course & number:	PE 379		
Course title:	Advanced Soccer Skills and Conditioning		
Pre/co-requisite to be validated:	none		
Challenge Policy:			
Advisory:			
Prepared by:	Rudy Zeller	Date:	10/23/2012

Content review is required for any prerequisite, co-requisite, or advisory to determine whether students who do not meet the specified standard are highly unlikely to receive a satisfactory grade in the course [Title 5, Section 55201 (b) (1)]. This validation is separate from course approval. Additional scrutiny may be required, depending on the type of pre/co-requisite. See the indicated page numbers of the District Model Policy for more information.

Directions: Circle one of the following and attach required justification AND content review documentation.

1. This course has no course pre/co-requisites or advisories.
2. The listed pre/co-requisite is advisory only.
3. This is a lab course. The primary course, _____, will have the validation evidence.
4. This pre/co-requisite is required in order to make the course acceptable for transfer by the UC or CSU systems. Attach documentation (catalog descriptions) from three or more UC/CSU campuses.
5. This course is part of a sequence of courses within and/or across disciplines. Attach a copy of the course outline that includes a list of the specific skills and knowledge that the student must possess to be ready to take the course.
6. The prerequisite is required for enrollment in a program.
Program name: _____ Program prerequisite(s) must be approved as provided for at least one required course in the program, of which this is one. Attach copy of course outline specifying skills and/or knowledge that student must possess.
7. This prerequisite is required for the health or safety of the students in the course; students who lack this prerequisite might endanger themselves or other students. Attach a copy of the course outline that specifically lists what the student must possess before entering the course.
8. This pre/co-requisite is required by law or government regulation. Attach a copy of pertinent law or regulation.
9. This pre/co-requisite is one of recency or another measure of readiness. Attach both a copy of the course outline listing the specific skills student must possess AND data gathered as directed by the District Model Policy.
10. This prerequisite involves a limitation on enrollment. This includes auditions for performance courses, honors courses or sections, and blocks of courses or sections created to set up a cohort of students (such as PACE). Attach documentation as directed by pertinent sections of the District Model Policy.

*** **NOTE:** In addition to rigorous content review, an instructor may request a study of the empirical relationship between a prerequisite course (or placement tool) and subsequent student performance in the targeted course. The rigor of content review will be established on a college-wide basis in conjunction with District research requirements.

New

Contra Costa College Course Outline

Department & Number	PE 379
Course Title	Advanced Soccer Skills and Conditioning
Prerequisite	none
Challenge Policy	
Co-requisite	
Challenge Policy	
Advisory	

Number of Weeks	18
Lecture Hours	
Lab Hours	
*Hours By Arrangement	
Activity Hours per term	27-108
Units	.5-2

***HOURS BY ARRANGEMENT:** Hours per term.

ACTIVITIES: (Please provide a list of the activities students will perform in order to satisfy the HBA requirement):

COURSE/CATALOG DESCRIPTION

This course is designed for advanced soccer players to prepare to play on the intercollegiate team in the season of play. Emphasis is placed on mental, physical, tactical and technical aspects of the game to increase each individual's level of competitiveness in match play.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

Demonstrate the physical conditioning required to play at the intercollegiate level.
Demonstrate advanced technical abilities.
Demonstrate tactical application of skills under match conditions.

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Physical Conditioning
40	%	Advanced Skill Development
35	%	Tactical application of skills
	%	

METHODS OF INSTRUCTION

Demonstration/Discussion/Lecture
Videos
Group and team practice

INSTRUCTIONAL MATERIALS

Textbook Title:	Official Rules of Soccer
Author:	FIFA
Publisher:	Triumph Books LLC
Edition/Date:	No edition/2012

COURSE EXPECTATIONS (Use applicable expectations)

Outside of Class Weekly Assignments

Hours per week

Weekly Reading Assignments

1

Weekly Writing Assignments

1

Weekly Math Problems

Lab or Software Application Assignments

Other Performance Assignments

2

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

40	%	Skill Demonstration
25	%	Physical Conditioning
35	%	Tactical Understanding of the Game
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

☒

Letter Grade

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

Below 60% = F

☐

Pass / No Pass

70% and above = Pass

Below 70% = No Pass

☐

Student Choice

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

Below 60% = F

or

70% and above = Pass

Below 70% = No Pass

Prepared by:

Rudy Zeller

Content Review Date:

10/23/2012

Revised 04/09



Contra Costa College Course Outline

019

Department & Number PE 379

Course Title	Advanced Soccer Skills and Tactics
Prerequisite	None
Challenge Policy	
Co-requisite	None
Challenge Policy	
Advisory	

Number of Weeks	18
Lecture Hours	
Lab Hours	
Hours By Arrangement	
Activity Hours	18-72
Units	.5-2

COURSE DESCRIPTION

This course is designed for advanced soccer players to prepare to play on the intercollegiate team in the season of play. Emphasis is placed on mental, physical, tactical and technical aspects of the game to increase each individuals level of competitiveness in match play.

COURSE OBJECTIVES

At the completion of the course the student will be able to:

1. Demonstrate improved physical conditioning.
2. Demonstrate advanced technical abilities and tactical knowledge of the game.

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Physical conditioning
40	%	Skill development
35	%	Tactical understanding of the game
	%	

METHODS OF INSTRUCTION

Lecture/Discussion/Demonstration
Videos
Group Practice
Instructor's Handout

INSTRUCTIONAL MATERIALS

Textbook Title:

Author:

Publisher:

Edition/Date:

COURSE EXPECTATIONS (Use applicable expectations)

Outside of Class Weekly Assignments

- Weekly Reading Assignments
- Weekly Writing Assignments
- Weekly Math Problems
- Lab or Software Application Assignments
- Other Performance Assignments

Hours per week

1 hr.
1 hr.
2 hrs.

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

40	%	Skill Demonstration
35	%	Tactical Understanding of the Game
25	%	Participation
	%	
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

☒ Letter Grade

- 90% - 100% = A
- 80% - 89% = B
- 70% - 79% = C
- 60% - 69% = D
- Below 60% = F

☐ Credit / No Credit

- 70% and above = Credit
- Below 70% = No Credit

☐ Student Choice

- 90% - 100% = A
- 80% - 89% = B
- 70% - 79% = C
- 60% - 69% = D
- Below 60% = F
- 70% and above = Credit
- Below 70% = No Credit

Prepared by:

Rudy Zeller

Date: Semester/Year

Spring 2007

Revised 02/07

PE379
ADVANCED SOCCER SKILLS AND CONDITIONING
STUDENT SYLLABUS

Instructor: Rudy Zeller

Office: Gym Annex 13

Office Hours: TBA

Phone: 235-7800 ext. 4405 Email: rzeller@contracosta.edu

Course Description:

This course is designed for advanced soccer players to prepare and play on the intercollegiate team in the season of play. Emphasis is placed on mental, physical, tactical and technical aspects of the game to increase each individual's level of competitiveness in match play.

Course Material:

Proper dress and shoes required. Class will provide balls and other equipment on soccer field or turf field. Handouts on tactics and Laws of the Game will also be provided. Please note that the syllabus is available for you on our new insite portal, which you can access through web advisor page with the link on right side of the page. You will use your web advisor user name and password to enter the portal.

Method of Instruction:

Students will learn through lecture and demonstration, small group participation and match simulations.

Student Learning Outcomes:

1. Demonstrate passing skills in small group triangle drill.
2. Demonstrate one touch clearing skills while defending in the penalty area.

COURSE EVALUATION

Grades will be based on skill demonstration and tactical understanding, fitness level and participation.

Skill Demonstration: (40%) Students will be expected to perform a variety of skills that have been introduced and demonstrated by the instructor and practiced by the student. These will include dribbling, passing, trapping, shooting and heading used in group skill drills and match conditions. Tactical application of these skills will be demonstrated in group games and full squad scrimmages.

Tactical Understanding: (35%) Tactical understanding will be developed through lecture, discussion and practice drills. This understanding will then be translated into practical tactical/technical training sessions.

Physical Conditioning: (25%) Players will participate in aerobic and anaerobic fitness training, as well as strength training. The 200 yd. shuttle run will be used to determine starting fitness level and progress will be monitored at the end of the semester.

GRADING SCALE

900 - 1000 points. - A
800 - 899 points - B
700 - 799 points. - C
600 - 699 points - D
599 points and below – F

ADVICE TO STUDENTS

"The Rehabilitation Act of 1973, Section 504, requires Contra Costa College to make all programs accessible to qualified individuals with learning, physical, or psychological disabilities. Students who would like to receive accommodations for their learning, physical, or psychological disabilities should contact the Disabled Students Programs & Services (DSPS) office (SSC-109) and schedule an appointment. (510) 235-7800 ext. 7220."

CLASS ASSIGNMENTS FOR PE 379

1. Demonstrate ability to dribble, pass, head and shot under the pressure of a defender.
2. Demonstrate ability to receive and hold the ball under pressure of a defender.
3. Demonstrate ability to visualize the field and make accurate passes under the pressure of a defender.
4. Demonstrate ability to maintain possession of the ball in group play against defenders in a restricted space.
5. Demonstrate ability to create scoring opportunities in group play against defenders in a restricted space.
6. Demonstrate ability to defend against an attacker in a one to one situation.
7. Demonstrate ability to defend in group play against attackers in a restricted space.
8. Demonstrate ability as a full team to play in specific formations in a game situation.
9. Demonstrate ability as a full team to change tactical orientation during a game.
10. Demonstrate individual understanding of the Laws of the Game and how they are applied during the course of a game.

SAMPLE TEST FOR PE 379

Physical Conditioning Test:

1. Cooper 12 minute run test: standardizes conditioning test used to determine progress in general aerobic endurance. Test will be run at beginning and end of class to determine level of improvement.
2. 200 yard shuttle run: will be used to determine progress in general anaerobic endurance. Test will be run at beginning and end of class to determine level of improvement.

CONTRA COSTA COLLEGE

Course-Level

Student Learning Outcomes with Assessment Methods and Criteria

Department/Course Number: PE 379 Date: 10/23/12

Course Title: Advanced Soccer Skills and Conditioning

Is this course required for completion of a degree, major(s), or certificate program(s)? ☐ Yes ☒ No

If yes, which degree/major(s)/certificate program(s)?

Degree: ☐ AA ☐ AS

Major(s):

Certificate of Achievement? ☐ Yes ☐ No
 Certificate of Achievement? ☐ Yes ☐ No
 Certificate of Achievement? ☐ Yes ☐ No

Certificate(s) of Accomplishment:

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Does this course satisfy a GE requirement(s)? ☒ Yes ☐ No

If yes, which requirement(s)?

- | | | |
|---|--|---|
| <input type="checkbox"/> A. Language & Rationality
<input type="checkbox"/> B. Natural Science w/ Lab
<input type="checkbox"/> C. Arts and Humanities
<input type="checkbox"/> D. Social Sciences
<input type="checkbox"/> F. American Institutions
<input type="checkbox"/> G. Health Education | <input type="checkbox"/> English Composition
<input checked="" type="checkbox"/> H. Physical Education Activity
<input type="checkbox"/> I. Mathematics Proficiency
<input type="checkbox"/> J. Computer Literacy
<input type="checkbox"/> K. Cultural Pluralism
<input type="checkbox"/> L. Information Competency | <input type="checkbox"/> Oral Communication & Critical Thinking |
|---|--|---|

	Intended Outcome	Assessment Method	Assessment Criteria
1.	Demonstrate passing skills in small group triangle drill.	Pre-Test and Post-Test	20% of all students scoring 3 or 4 on pre-test will improve one step higher in rubric. 40% of all students scoring a 2 on pre-test will improve a minimum of one step on rubric.
2.	Demonstrate one touch clearing skills while defending in the penalty area.	Pre-Test and Post-Test	20% of all students scoring 3 or 4 on pre-test will improve one step higher in rubric. 40% of all students scoring a 2 on pre-test will improve a minimum of one step on rubric.
3.			
4.			
5.			

Rubric:

- 5 Demonstration exhibits great skill/mastery in advanced aspects of soccer.
- 4 Demonstration exhibits proficiency in skill/mastery in advanced aspects of soccer.
- 3 Demonstration exhibits average degree of skill/mastery in advanced aspects of soccer.
- 2 Demonstration exhibits less than average skill/mastery in advanced aspects of soccer
- 1 Demonstration exhibits little or no apparent skill/mastery in advanced aspects of soccer.

Please print this out as a separate form.