Los Angeles Mission College

Department of Physical Education and Health

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COURSE Syllabus

Instructor: Julio Castillo
Phone: (818) 337-8420
Office Hours: TH 12-12:30pm
Or by appointment
Email: castiljc@lamission.edu

Title of course
Athletics Pre-Season Conditioning (PE 511)

Course Description
This class will include various Soccer related aerobic and anaerobic activities to enhance conditioning. Technical, Tactical, and Functional training, will be included to develop college level understanding and efficiency. Individual training concepts along with nutritional information will be introduced.

Student Learning Outcome
Student will improve their technical ability, and tactical understanding of various systems of play.

Course Objective
At the conclusion of the course, the student will:

1. Be able to compete in a soccer game at a vigorous and sustained level of intensity for 60 minutes or longer.

2. Be knowledgeable of techniques which are effective for improving efficiency in the game of soccer.

3. Have an understanding of the roles and responsibilities of the following systems of play: 4-4-2; 4-3-3; 4-5-1; 3-5-2.

Grading Procedures

1. 25% of grade – improvement (based on pre/post technique test)
2. 75 % of grade - Class attendance – 0-2 absences, grade stays the same
   3 absences, grade lowered one grade
   4 absences, grade lowered two grades
   5 absences, grade lowered three grades
   6 absences, fail in class

Tardies:
Three tardies will equate to one absence
Make Ups

Absences may be made up by attending any approved aerobic class, weight training, or Power Walking Class at L.A. Mission College.
Classes must be made up within 2 weeks of the absence. No more than 3 absences may be made up.
*No make-ups will be allowed the last two weeks of school.

Equipment

1. Proper shoes are required (Running shoes and soccer cleats)
2. Towel
3. Bottle of water
4. Safe and proper clothing

Gym Policies

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. Replace all gym weights, and equipment after use.
5. Gym bags or backpacks are not allowed in the weight room.
6. If you feel dizzy or sick stop working and please notify the instructor.
7. In the case of a Disaster, please notify the instructor before leaving.

To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling.