



Los Angeles Mission College  
**Department of Health and Kinesiology**

**Course Syllabus:** Kin-Ath 511 Intercollegiate Soccer

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Office: HFAC 102A  
Office Hours: T 11-11:35pm  
Or by appointment  
Location: Sepulveda Basin

Final Exam Date: 12/14/13 2:00 pm

**Title of course**

Intercollegiate Soccer (Kin-Ath 511)

**Course Description**

This course offers advanced instruction in the fundamental skills, techniques, offensive and defensive fundamentals, rules, organizational methods, coaching principles and the opportunity for practical application in intercollegiate competition.

**Student Learning Outcome**

Student-Athlete will show improvement in their ability to demonstrate proper form in passing, dribbling, tackling, headers, and various other soccer skills in an intercollegiate context.

**Course Objective**

At the conclusion of the course:

**Physical Fitness Development Objective**

1. Students will be able to participate and complete warm-ups, drills, and games designed to improve cardiovascular fitness.

**Cognitive Development Objective**

1. Students will be able to identify, interpret, and explain the rules of the game of soccer.
2. Students will be able to demonstrate an understanding of principles, strategies, movement concepts and tactics as they apply to learning and the performance of soccer.

**Motor Skill Development Objective**

1. Students will be able to demonstrate with an increasing degree of proficiency and acquisition proper techniques in executing the soccer pass, shot, dribble and trap.

**Affective Development Objective**

1. Students will be able to value physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.
2. Students will be able to exhibit responsible personal and social behavior that respects self and others in physical activity setting.

**Grading Procedures**

A	90-100%	358-400
B	80-89%	318-357
C	70-79%	278-317
D	60-69%	238-277
F	0-59%	001-237

1. 25% of grade – Improvement 100 pts. (based on pre/post technique test)
2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

**Participation:**

10 points = full participation per class.  
8-9 points = most, but not all are demonstrated  
6-7 points = some are demonstrated  
4-5 points awarded if few are demonstrated  
0 points earned if participation behaviors are not demonstrated

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

### **Class Information**

**Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.**

### **Waiver Forms**

The waiver forms can be downloaded from

<http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

### **SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

### **Warm-ups**

All class meetings will begin with warm up drills. There will be no play without participating in these warm up activities

### **Cell Phones**

Yes, you know the drill...turn them off and PLEASE no texting during class.

### **Be Punctual**

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

### **Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Games and tournaments will be disrupted if students have erratic attendance.

### **Make Up Policy**

Generally, there will be few opportunities for make -up tests. Skills test require that students are in attendance. I cannot guarantee to have time to perform make up tests.

### **Equipment**

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

### **Dress Code**

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

### **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.

***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.***

## Soccer Performance Assessment Rubric

Student Name: \_\_\_\_\_

	0	1	2	3
<b>Passing</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Stands over the ball and just swings leg back and forth</li> <li>Is somewhat accurate up to 10-yards away</li> </ul>	<ul style="list-style-type: none"> <li>Steps into the pass for more momentum and force behind the pass</li> <li>Able to consistently use the in-step of the foot to pass</li> <li>Able to pass from a dribble</li> <li>Passes over 10-yards are fairly accurate</li> </ul>	<ul style="list-style-type: none"> <li>Uses different parts of the foot to pass</li> <li>Follows a trap with an accurate pass</li> <li>Varies the speed and distance of passes</li> <li>Able to use both feet to pass</li> </ul>
<b>Dribbling</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Uses the in-step of the foot, but mostly only uses one foot</li> <li>Moves the ball forward and attempts to keep it close and under control</li> </ul>	<ul style="list-style-type: none"> <li>Uses a tight, controlled dribble</li> <li>Able to dribble the ball at faster speeds</li> <li>Keeps the ball under control most of the time</li> <li>Uses both feet to dribble</li> </ul>	<ul style="list-style-type: none"> <li>Chooses to use a tight or loose dribble at the proper times</li> <li>Uses both feet to dribble</li> <li>Keeps the ball under control the entire time</li> <li>Able to use the inside and the outside of the foot to dribble</li> </ul>
<b>Tackling</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Has no control when trying to tackle.</li> <li>Tackles the player from behind.</li> <li>Goes for the player instead of the ball.</li> </ul>	<ul style="list-style-type: none"> <li>The player is under control when trying to tackle most of the time.</li> <li>The player is able to go for the ball most of the time.</li> <li>The player is able to poke the ball from behind some of the time.</li> </ul>	<ul style="list-style-type: none"> <li>Stays low to ground and advances toward offensive player.</li> <li>Concentrates on the ball.</li> <li>Drives hard through the ball.</li> <li>Able to do legal poke tackle from behind defender.</li> </ul>
<b>Headers</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Has difficulty in heading the ball to a specific place.</li> <li>Can head the ball if it is directly thrown to them.</li> </ul>	<ul style="list-style-type: none"> <li>Consistently moves their body to the kick and heads the ball without hesitation.</li> <li>Can direct the ball to a specific place most of the time.</li> </ul>	<ul style="list-style-type: none"> <li>Anticipates the kick or throw-in of the soccer ball and adjust their body accordingly.</li> <li>Can accurate direct the ball to a specific place.</li> <li>Keeps the ball under control the entire time.</li> </ul>
<b>Position or Movement on the Field</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Plays a specific position but is not very involved in the game</li> <li>Tries to move the ball in the correct direction</li> </ul>	<ul style="list-style-type: none"> <li>Uses an outlet pass on defense and an inlet pass on offense</li> <li>Shifts or moves in the direction of play</li> <li>Maintains distance/spacing between teammates</li> </ul>	<ul style="list-style-type: none"> <li>Senses when help is needed</li> <li>Anticipates opponents moves</li> <li>Play and/or understands the different positions on the soccer field (forwards, midfielders, defenders, goalkeepers)</li> </ul>
<b>Teamwork and Sportsmanship</b>	<ul style="list-style-type: none"> <li>No Effort</li> </ul>	<ul style="list-style-type: none"> <li>Gets to the correct field in a timely manner</li> <li>Hogs the ball and doesn't like to pass</li> <li>Blames others</li> <li>Uses foul language</li> </ul>	<ul style="list-style-type: none"> <li>Tries to play within the rules</li> <li>Does not hog the ball</li> <li>Makes an effort to improve weaknesses of themselves or teammates</li> <li>Gets along with teammates most of the time</li> </ul>	<ul style="list-style-type: none"> <li>Leads the team constructively</li> <li>Plays within the rules of the game</li> <li>Is the go-to person on the team</li> <li>Encourages all team members</li> </ul>