

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** PED 150

**Credits:** 2

**Course Title:** Soccer I

**Course Description:** Emphasizes soccer skills and techniques, strategies, rules, equipment, flexibility, and physical conditioning. Lecture 1 hour. Laboratory 2 hours.

**General Course Purpose:** This course is designed to provide instruction and practice in the game of soccer with the goal being the development of skills for, and attitude commensurate with, participation in a lifetime, health- and fitness-promoting recreational sport.

**Course Prerequisites and Co-requisites:**

None

**Course Objectives:**

Upon completing the course, the student will be able to:

- a. Demonstrate the basic soccer skills of dribbling, passing, trapping, and shooting;
- b. Describe the rules of the game of soccer;
- c. Explain the positions of the game of soccer;
- d. Accurately keep score;
- e. Demonstrate proper soccer etiquette when playing (etiquette includes general good manners and sportsmanship while precluding any foul language, complaining, or equipment abuse);
- f. List proper equipment needed for soccer practices vs. soccer matches;
- g. Demonstrate basic offensive and defensive strategies;
- h. Describe the fitness value of soccer and how to improve conditioning;
- i. Identify the value of the warm-up and how to improve flexibility; and
- j. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of soccer skills.

**Major Topics to Be Included:**

- a. Fitness benefits of soccer and conditioning
- b. Warm-up exercises and flexibility
- c. Proper equipment selection
- d. Rules
- e. Positions
- f. Scoring
- g. Skill development (dribbling, passing, trapping, and shooting)
- h. Strategies (offensive and defensive)
- i. Drills and practice time
- j. Game situations and scrimmage play

**Effective Date of Course Content Summary:** September 2015