

San José State University
Department of Kinesiology
KIN 19A Beginning Soccer, Sections 01 and 02, Spring 2015

Instructor: Christopher Behler

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Class time: Section: 01 Wednesday, 9:30am - 11:20am
Section: 02 Tuesday, 9:30am – 11:20am

Meeting location: East Field (outside Spartan Stadium) located at 10th and Alma St

Office Hours: T / W 11:30am-12:30pm or
by appointment

MySJSU Messaging

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MySJSU system. Please check to make sure your email is updated in MYSJSU. Also, copies of course materials such as the green sheet (syllabus), major assignment handouts, etc. may be found on Desire2Learn (D2L). If you do not have a D2L account, you will need to set one up. For more information on setting up your account go to <http://www.sjsu.edu/ecampus/students>.

COURSE DESCRIPTION

Emphasis will be on learning fundamental soccer skills, basic tactics, etiquette, basic rules, and applications of the knowledge and skills in games. There is no prerequisite. It is assumed that students enrolled in the class have little or no experience in basic soccer skills or knowledge.

COURSE GOALS and STUDENT LEARNING OBJECTIVES

Upon successful completion of course requirements students will:

- a. Knowledge and understanding of the basic terminology, rules, tactics, history, strategies and etiquette of the sport of soccer,
- b. demonstrate ability to perform the basic beginning level soccer skills, and to apply basic skills, rules, tactics, and etiquette in games, as well as in practice,
- c. demonstrate ability to properly warm up and to use simple drills,
- d. demonstrate an understanding of soccer for diverse populations and how it is viewed throughout the world.
- e. An understanding of the mental and physical health benefits to be derived from the sport of soccer.

- f. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

CONTENT

Knowledge:

- a. Concepts, brief history, and contemporary status of the game.
- b. Benefits of playing soccer
- c. Basic etiquette
- d. Strategies
- e. Basic rules and game procedures.
- f. Basic terminology.
- g. Using and taking care of the equipment
- h. Carry-on after class is over

Performance:

- a. Basic skills:
 1. Dribbling
 2. Passing
 3. Trapping
 4. Defending
 5. Heading
 6. Throw-ins
 7. Shooting
 8. Goalkeeping
- b. Basic offensive / defensive tactics
- c. Warm-up routine and basic drills
- d. Games

COURSE REQUIREMENTS / CLASSROOM PROTOCOL

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..
- b. Class starts promptly at 9:45am (this allows time to get from main campus to field)
- c. Class location is the East Field outside Spartan Stadium located at 10th Street and Alma
- d. Attending classes in a timely manner. Excessive tardiness will not be tolerated and will effect grade accordingly (1 point each time)
- e. Proper Soccer attire (see KIN policy) - Shirts, shorts or sweats and sport shoes (soccer cleats and shin guards recommended) for ease of movement and safety, no jeans or other street clothes in class.
- f. Cooperation and mature behavior are expected in the class.
- g. At least 5-10 minutes warm-up period is required before any skill practice.
- h. Department's soccer balls and pennies are available, while students may bring their own soccer ball. It is everybody's responsibility to take care of the department soccer balls and pennies and return them when the class is over and to set up or take down the nets whenever needed.
- i. The last class meeting: Section 01 – May 13, 2015 Final Due Friday, May 15th, 9:30am
 Section 02 – May 12, 2015 Final Due Monday, May 18th, 12 Noon
- j. It is suggested the students bring water to every class
- k. No cell phone usage while in class unless in case of emergency
- l. Recording class: *KIN19a, Christopher Behler* For example: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- m. Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- n. Students are permitted only two unexcused absences (i.e. illness, emergency, etc.)
 - a. If a student becomes ill or has an injury which effects class attendance or participation will require a doctor's note to be excused

Course Requirements and Grading Policy

- a. Team Play / Skills Test (during scrimmages and games) 1pt a day = 15 points
 - b. Active Participation
-- evaluated by in-class participation, drills, questions and answers
-- preparation for classes (with proper clothing and equipment) 4pts/Day, 15 meetings = 60 points
 - c. Final = 25 points
-- multiple choice
--based on the rules of game and lectures
--no make-up for missing final
- Total Points = 100
- d. **Extra credit paper** (only 1) = 5 points
 - e. Grading: A =90%--100% B =80%-- 89% C =70%-- 79% D =60%-- 69% F = 59% or lower

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

TEXTBOOK

<http://www.fifa.com/worldfootball/lawsofthegame.html>

Read the PDF attached to this page regarding the rules

UNIVERSITY POLICIES

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog Policies section at <http://info.sjsu.edu/static/catalog/policies.html>.

Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/.

The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Tentative Schedule

Week	Skills	Knowledge
1	YUH	Green sheet, policies
2	Dribbling	Instep, inside, outside, sole Basic drills, games
3	Passing	Inside, instep, short, long, power Basic drills, games
4	Trapping	Chest, thigh, foot, sole of foot Basic drills, games
5	Defending	Positioning, 1v1/2v1 Poke, block, Basic drills, games
6	Throw-ins	Technique Basic Drills
7	Heading	Technique (shooting/clearing) Basic drills
8	Shooting	Technique Foot (inside, outside, instep) Basic drills, games
9	Goalkeeping	Basic techniques Hands, diving, positioning
10	1-4-4-2	Basic understanding of player's roles and tactics Offensively and Defensively
11	1-4-5-1	Basic understanding of player's roles and tactics Offensively and Defensively
12	1-3-5-2	Basic understanding of player's roles and tactics Offensively and Defensively
13	1-3-4-3	Basic understanding of player's roles and tactics Offensively and Defensively
14	Formation Review and free games	Review for written exam
15	Challenge game	Pass out final exam