

# ICA R122: CONDITIONING FOR MEN'S SOCCER

**Originator**

jcrawford1

**College**

Oxnard College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

R122

**Course Title (CB02)**

Conditioning for Men's Soccer

**Banner/Short Title**

Cond for Men's Soccer

**Credit Type**

Credit

**Start Term**

Fall 2021

**Catalog Course Description**

The training and conditioning exercises cover advanced forms of strength training, cardiovascular and skill work being emphasized. Out of season speed/endurance, stamina, and skill efficiency will be enhanced through use of different fitness parameters in preparing for the intercollegiate soccer season. The course is intended for student-athletes to improve their physical conditioning and strength for men's soccer. Athletes that compete in intercollegiate athletics need to prepare all year to ensure optimal opportunity to excel at their highest level. Course may be taken four times. Course is offered Pass/No Pass (P/NP) at student's option.

**Taxonomy of Programs (TOP) Code (CB03)**

0835.50 - Intercollegiate Athletics

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

May be required

**Grading method**

Letter Graded

**Alternate grading methods**

Student Option- Letter/Pass  
Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

Yes

**Number of times a student may enroll in this course**

4

**Maximum units a student may earn in this course**

2

**Specify the Title 5 justification for repeatability**

Intercollegiate athletics

**Justification for Repeatability**

Intercollegiate athletics

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Activity**

**Laboratory**

**Minimum Contact/In-Class Laboratory Hours**

26.25

**Maximum Contact/In-Class Laboratory Hours**

105

**Total in-Class****Total in-Class****Total Minimum Contact/In-Class Hours**

26.25

**Total Maximum Contact/In-Class Hours**

105

**Outside-of-Class****Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

26.25

**Total Maximum Student Learning Hours**

105

**Minimum Units (CB07)**

.5

**Maximum Units (CB06)**

2

**Student Learning Outcomes (CSLOs)****Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | Demonstrate knowledge of Intercollegiate Soccer rules and strategy.        |
| 2 | Demonstrate skills, techniques and strategies at an Intercollegiate Level. |

**Course Objectives****Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | Identify levels of cardiovascular fitness, muscular strength and endurance, and flexibility necessary for men's soccer.                |
| 2 | Analyze specific men's soccer strategies to use during competition.  |
| 3 | Apply principles of cardiovascular fitness, muscular strength and endurance, and flexibility to injury prevention when playing soccer. |
| 4 | Synthesize weight training exercises in the fitness lab with plyometric exercises on the field.  |
| 5 | Demonstrate the ability to perform the skills, techniques, and strategies of men's soccer with a high degree of proficiency.           |

**Course Content****Lecture/Course Content**

See Lab Content

### Laboratory or Activity Content

1. Orientation
2. Skills
  - a. Warm up
  - b. Stretching and flexibility: static vs ballistic
  - c. Developmental progression
  - d. Demonstration
  - e. Practice
  - f. Warm down
3. Knowledge of conditioning techniques
  - a. Develop workout routine
  - b. Develop reasonable short and long range goals
  - c. Record keeping
4. Cardiovascular Fitness
  - a. Cardiovascular fitness for specific sports: aerobic and anaerobic
  - b. Reasonable short and long range goals
  - c. Warm up
  - d. Intensity
  - e. Duration
  - f. Record keeping
5. Nutrition
  - a. Off-season recommendations
  - b. In-season recommendations
  - c. Pre-game meals
  - d. Water intake
6. Biomechanics
  - a. Shooting
  - b. Dribbling
  - c. Footwork
  - d. Passing
  - e. Goalkeeping
7. Mental Preparation
  - a. Pre-competition
  - b. During-competition
  - c. Post-competition
8. Proper Clothing and Equipment

### Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals

Other (specify)

Skills demonstrations

Skill tests

#### Other

Students may analyze film of practice and contests

### Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations

Class activities

Distance Education

Demonstrations

**Describe specific examples of the methods the instructor will use:**

1. Demonstrate the proper techniques of a specific movement related to soccer. Evaluation based on proper footwork, form and technique.
2. Physical demonstration of basic fundamentals of offense and defense skills. Techniques evaluated by progress shown and game statistics kept.
3. Presentation of the proper technique for a basic movements and thought process in soccer. Evaluated by progress shown, competitive situations and game statistics.

**Representative Course Assignments****Writing Assignments**

1. Students will keep conditioning and nutritional journals.

**Reading Assignments**

1. Students will read articles from textbook and handbook.

**Other assignments (if applicable)**

1. Students will spend an additional two hours a week practicing soccer skills.
2. Write a conditioning program to enhance strength and endurance for specific soccer skills.

**Outside Assignments****Articulation****Comparable Courses within the VCCCD**

ICA M07B - Intercollegiate Soccer-Men/Off Season

**District General Education**

**A. Natural Sciences**

**B. Social and Behavioral Sciences**

**C. Humanities**

**D. Language and Rationality**

**E. Health and Physical Education/Kinesiology**

**F. Ethnic Studies/Gender Studies**

**CSU GE-Breadth**

**Area A: English Language Communication and Critical Thinking**

**Area B: Scientific Inquiry and Quantitative Reasoning**

**Area C: Arts and Humanities**

**Area D: Social Sciences**

**Area E: Lifelong Learning and Self-Development**

**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**

**IGETC**

**Area 1: English Communication**

**Area 2A: Mathematical Concepts & Quantitative Reasoning**

**Area 3: Arts and Humanities**

**Area 4: Social and Behavioral Sciences**

**Area 5: Physical and Biological Sciences**

**Area 6: Languages Other than English (LOTE)**

**Textbooks and Lab Manuals**

**Resource Type**

Textbook

**Description**

Alexander, Ryan (2021). *Complete Conditioning for Soccer*. Human Kinetics.

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**Resource Type**

Other Resource Type

**Description**

Handouts by instructors, such as individual workout programs or nutritional information..

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**Resource Type**

Other Instructional Materials

**Description**

Students must have soccer cleats and appropriate clothing for soccer.

**Distance Education Addendum****Definitions****Distance Education Modalities**

Hybrid (51%–99% online)  
Hybrid (1%–50% online)  
100% online

**Faculty Certifications**

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

**Regular Effective/Substantive Contact****Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills and strategy throughout the class period. Emphasis of team cohesion and advanced thinking.
Video Conferencing	Video analysis of practice and competition will allow students to correct errors and mimic improvements. Video will also be used to promote student transfer and scholarship

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Video Conferencing	Video analysis of practice and competition will allow students to correct errors and mimic improvements. Video will also be used to promote student transfer and scholarship

**100% online Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The coaching staff and students will share ideas to improve as individuals and as a team.
Synchronous Dialog (e.g., online chat)	Text and video will be used to guide students through drills to improve particular soccer skills.

Video Conferencing

Video analysis of practice and competition will allow students to correct errors and mimic improvements. Video will also be used to promote student transfer and scholarship

Other DE (e.g., recorded lectures)

Instructor-led videos of physical rehearsal of skills and strategy.

## Examinations

### Hybrid (1%–50% online) Modality

On campus

### Hybrid (51%–99% online) Modality

On campus

## Primary Minimum Qualification

COACHING

## Review and Approval Dates

### Department Chair

08/04/2020

### Dean

08/07/2020

### Technical Review

08/26/2020

### Curriculum Committee

08/26/2020

### DTRW-I

MM/DD/YYYY

### Curriculum Committee

10/28/2020

### Board

MM/DD/YYYY

### CCCCO

MM/DD/YYYY

### Control Number

CCC000524419

### DOE/accreditation approval date

MM/DD/YYYY