

# ATHL 22B: SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S SOCCER

## Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

## Student Learning Outcomes

- Upon completion students should be able to utilize a variety of exercise modes and techniques to improve muscular strength, endurance, flexibility and cardio-respiratory endurance.
- Upon completion students should be able to identify weight management principles, basic physiology of exercise and benefits of regular exercise.

## Description

This course teaches and provides practice specific techniques and conditioning for the sport of soccer. This includes drills, weight and flexibility training, and cardio-respiratory development.

## Course Objectives

The student will be able to:

- Assess and improve muscle strength and muscle endurance used for the sport of soccer.
- Design and practice a program of effective muscle-training exercises.
- Define and assess flexibility and describe the benefits of increased flexibility for the sport of soccer.
- Demonstrate soccer specific strength exercises and routines.
- Practice specific aerobic and anaerobic training.
- Demonstrate and assess sport techniques for soccer.

## Course Content

- Assess and improve muscle strength and endurance
  - Practice a program of progressive overloading with an understanding of repetitions and sets
  - Physical testing to determine the measure for repetition maximums
  - Demonstrate the ability to select the weight and exercise for targeting each major muscle group
  - Perform and understand the importance of multiple joint exercise
- Design a program of effect muscle training exercise for the sport of soccer
  - Design a program for circuit training exercises that are sport specific
  - Perform proper free weight lifting techniques

- Explain the advantages and disadvantages of free weights vs. weight machines
- Define and assess flexibility and describe the benefits of increased flexibility for soccer specific training
  - Explain the following factors and their influence on flexibility: muscle temperature, physical activity, age and disease
  - Assess flexibility at four joint sites
- Demonstrate soccer specific flexibility exercises and routines
  - Practice soccer specific stretching routines
  - Demonstrate PNF stretching exercises
- Practice soccer specific aerobic and anaerobic training
  - Measure and assess individual cardiorespiratory endurance
  - Practice proper warm-up for aerobic and anaerobic exercise
- Demonstrate and assess sport technique for competitive soccer training
  - Analyze soccer tapes for successful techniques
  - Practice sport techniques that develop skills for competitive soccer

## Lab Content

- Running
- Dribbling
- Lifting
- Stretching
- Shooting

## Special Facilities and/or Equipment

Soccer specific equipment.

## Method(s) of Evaluation

Soccer specific pre- and post-test for individual strength, flexibility, and endurance.

## Method(s) of Instruction

Discussion, cooperative learning exercises, demonstrations.

## Representative Text(s) and Other Materials

[NCAA Soccer Rules and Interpretations 2016 and 2017](#). Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at [www.ncaa.org/championships/playing-rules](http://www.ncaa.org/championships/playing-rules)

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education, Coaching