

NORTH CAROLINA STATE UNIVERSITY
Department of Health and Exercise Studies

Soccer
HEST 216
Units (1)

MW 11:20-1:15

Instructor: Will Dang

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Office Number: Carmichael 2016-C **Office Hours:** MW 10:00-11:00

Office Telephone: 515-6866

T-Th 11:15-12:15

Course Description: This class provides an introduction to the game of soccer with emphasis on skills development, playing strategies, and rules of the game. Students who already possess some proficiency in soccer should consider the course chosen from the standpoint of the level of skill development that may be encountered, standards of proficiency expected and their own ability level. Initial assessment and determination will be made by the course instructor.

GEP Objectives for Courses in the Category of Health and Exercise Studies:

Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes:

Beginning Soccer: Basic soccer skills are presented including dribbling, shooting, passing, heading, trapping, and tackling. Position play and strategies for basic offense and defense are learned as well as rules and terminology. Conditioning is achieved through drills and game play.

Intermediate Soccer: Basic skills are reviewed and refined. Practice with the non-dominant foot is stressed. Particular emphasis is placed on first time control of the ball and volleys and half-volleys. Dead ball situations are studied, especially corner kicks and direct and indirect free kicks. Different systems of play are introduced and evaluated. Positional play is stressed in the development of advanced defensive and offensive tactics. Use of space, width, and depth are emphasized.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

Proper Attire:

- Students will wear shirts/shorts/pants appropriate for the activity. Fabric will be option of student; color must be primarily red, black, or gray.
- It is required that students wear an appropriate athletic/running shoe. Soccer footwear and gear (i.e cleats, shinguards, soccer socks, and goalie gloves) are permitted and encouraged.
- No jewelry will be permitted including watches. Jewelry, rings, necklaces, etc, that cannot be removed must be taped or completely covered and secured.
- A student will not be allowed to wear a hat, sunglasses, or bandana during class. The ONLY exception is that a goalkeeper may wear a hat when the sun interferes with his/her vision during play.

Required Text:

No text is required for this course. Students will receive all necessary handouts from the instructor.

Grading Policy:

Component	Percentage	Points
Written Test (10/5)	20%	20
Skills Test (9/30, 10/7)	60%	60
Assignment (10/5)	10%	10
Attendance/Participation at/in soccer event	10%	10

Total Points 100

Grading Scale:	A+ 97-100%	A 93-96%	A- 90-92%
	B+ 87-89%	B 83-86%	B- 80-82%
	C+ 77-79%	C 73-76%	C- 70-72%
	D+ 67-69%	D 63-66%	D- 60-62% F <60%

Credit Only Grading:

- Credit only students must fulfill all class requirements and establish an overall grade of 70% or better.

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

- Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.
http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php
 - **Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.**

Incomplete Grades:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Late Assignments: Five points will be deducted from each assignment's final grade for first day the assignment is late. An additional two points per day will be deducted off each assignment's final grade for every day thereafter.

Tentative Course Outline-HEST 216-Fall 2015

WEEK	DATES	DAYS	TOPICS
1	8/19	W	Welcome, Course Syllabus;
2	8/24	M	Intro to Soccer/Safety; Basic Rules/Terminology; "Touch"
	8/26	W	Trapping, Passing
3	8/31	M	Dribbling, Heading
	9/2	W	Shooting, Volleying
4	9/7	M	LABOR DAY, NO CLASS
	9/9	W	Tackling, Goal-keeping
5	9/14	M	Throw-ins, Indirect Kicks
	9/16	W	Direct, Corner, and Penalty Kicks
6	9/21	M	Position Play
	9/23	W	Offensive Strategies
7	9/28	M	Defensive Strategies
	9/30	W	Skills Tests
8	10/5	M	Play and Review, Written Test
	10/7	W	Skills Tests

Caveat: The above schedule and procedure in this course are subject to change in the event of extenuating circumstances.

Meeting Area: Method Rd. Soccer Complex or another specified location

Inclement Weather: We will still have class regardless of inclement weather. We will meet on courts #6 & #7 in Carmichael Gymnasium. There will be a note posted on the bulletin board (next to weight room) inside the entrance to Carmichael Gymnasium from the breezeway on days of inclement weather.

Assignment: Watch a recent televised professional soccer game and write a one-page essay discussing the outcome of the match. Be sure to address issues such as strategies employed and tactics that demonstrates why the victor was victorious and the losing team was not.

Skills Test: A drill type format that will test each student's abilities and the progression of his/her skill improvement in various basic soccer components over the course of the Health and Exercise Studies class (See Attached).

Attendance/Participation at/in soccer event: Attend a NC state men's or women's soccer match, another university's collegiate soccer match or a semiprofessional/professional soccer match and provide evidence of your attendance. A game day roster will suffice.

Attendance/Participation/Tardiness: Attendance and participation are a minimum requirement for completing a Health and Exercise Studies course and are therefore taken into consideration when determining final grades. Each student will be allowed to miss a total of **THREE** classes (excused/unexcused) without penalty. Therefore, students are required to attend a minimum of 80% of class sessions in order to receive a passing grade in the course from his/her add date. A performance course meeting two times each week will require that the student attend a minimum of 12 classes to pass the class. Failure to do so will result in an automatic "F" in the course. Two tardies will equate to one absence.

Recommendation for Safety:

- Students should warm-up and stretch properly before participating in activity and cool-down after any workout.
- Inform instructor immediately if you have any medical issue that would affect your performance in class.
- Let instructor know immediately of any symptoms of nausea, fainting, shortness of breath, dizziness, or any other symptoms of discomfort.
- Be aware of location of emergency phones and other methods of obtaining help.
- NC State Student Health Services has information about the **Mental Aspects of Sports Participation Guidelines**.

REMEMBER...SAFETY FIRST!!!!

General Information:

- **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
- **Students with disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653. See <http://www.ncsu.edu/dso/>
- For more information on NC State’s policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
- It is the policy of the State of North Carolina to provide equality of opportunity in education for all students. For more details refer to http://www.ncsu.edu/policies/campus_environ/non-discrimination/REG04.25.1.php
- Due to the nature of the activities in this class, it may be necessary for the instructor to touch the student to assist in form/technique.
- Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
- PLEASE TURN OFF CELL PHONES DURING CLASS.

LET’S HAVE SOME FUN !!!



Penalty Kick Test Protocol

The test is performed on the Method Rd soccer fields or wherever a marked field with goals is available. Two training poles will be setup with each one being placed along the goal line inside the goal mouth, 3 ft from each post. The testing student will attempt to shoot a total number of 10 balls from the penalty kick area. Points will be awarded based on the path of the ball. If the ball travels in between the post and training pole on either side of the goal, 2 points will be awarded. If the ball travels in between the two training poles, 1 point will be awarded. In regards to striking the training pole on an attempt, if the ball strikes the inside of the training pole and is directed inside the space between the post and training pole, it will be worth 2 points. However, if the ball strikes the outside of the training pole, it will be worth 1 point. After all shots are attempted, a grade will be given based on the appropriate grading scale.

Dribbling/Passing Test Protocol

The test is performed on the Method Rd soccer fields. A series of 8 training poles will be setup in a row with differing distances between each training pole and will be as follows:

<u>Training pole</u>	<u>Distance</u>
1 st and 2 nd	3 ft
2 nd and 3 rd	4 ft
3 rd and 4 th	5 ft
4 th and 5 th	6 ft
5 th and 6 th	5 ft
6 th and 7 th	4 ft
7 th and 8 th	3 ft

Located 12 yards from Training pole 1 and Training pole 8 is a small goal that is approximately 3 ft. wide. A ball will be placed next to Training pole 1 on either side at the testing student's preference.

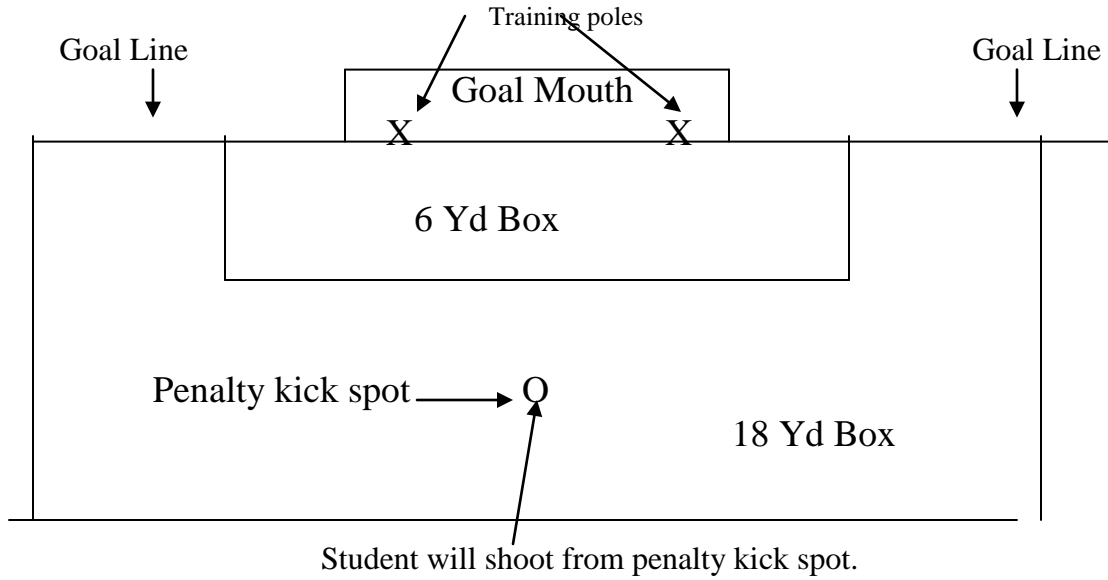
The test will begin with the student beginning with the ball in between Training poles 4 and 5. The student will start towards Training pole 1, dribbling and weaving through each training pole until reaching Training pole 1. After reaching Training pole 1, the testing student will attempt to pass the ball being dribbled into the goal located 12 yards from Training pole 1. The testing student will then begin dribbling the ball located next to Training pole 1 and weave through each training pole in the reverse direction towards Training pole 8. After passing Training pole 8, the student will attempt to pass the ball into the other goal marked 12 yards from Training pole 8. Only balls that pass through the designated goals will be counted. If a testing student veers off the desired path or knocks over training poles, he/she must still have weaved through each training pole or incur a 5 second penalty. It should be noted that a student may dribble all the way up to the designated goals to pass the, but will lose time in doing so. After the test is completed, a grade will be given based on the time completed and successful pass attempts.

Trapping/ Receiving

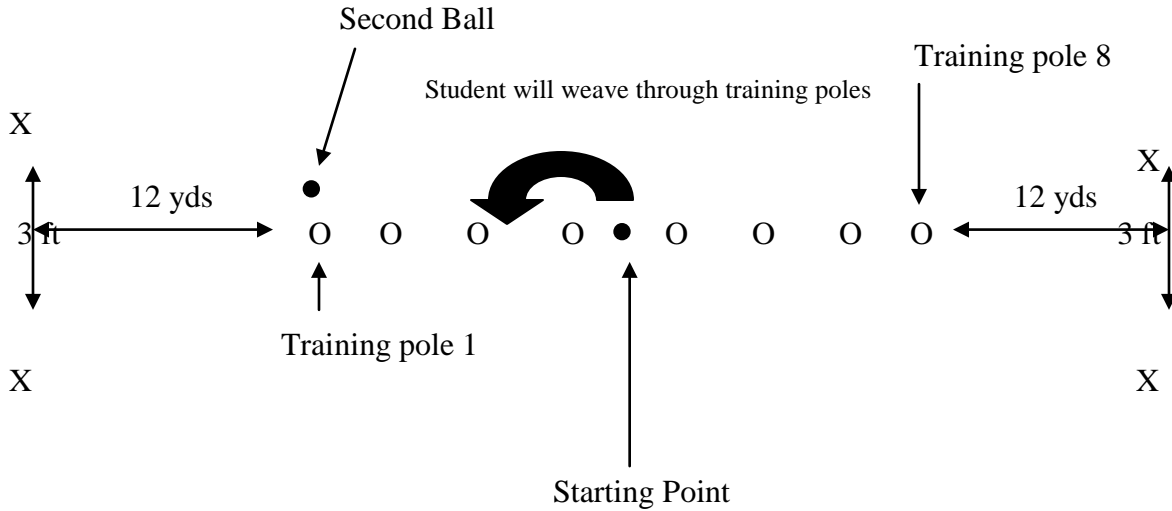
Each student will stand in a designated trapping area. 10 balls will be distributed (4 on the ground, 6 in the air) to the student from a distance of 10 yards with a velocity typical of a pass made during play. The student is responsible for trapping and controlling the ball within the designated trapping area (7ft x 7ft square area).

Soccer Skills Test Illustration

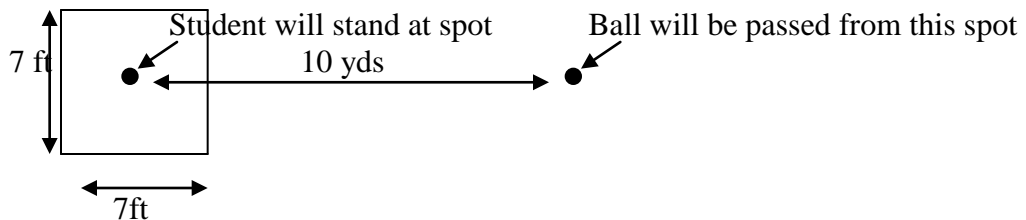
Penalty Kick Test



Dribbling/Passing Test



Trapping Test



Soccer Skills Test Scales

Penalty Kick Test	
<i>Score</i>	<i>Scale</i>
18 or better	20
17	19
16	18
15	17
14	16
13	15
12	14
11	13
10	12
9	11
8 or less	10

Trapping Test	
<i>Successful traps</i>	<i>Scale</i>
10	20
9	18
8	16
7	14
6	12
5	10
4	8
3	6
2	4
1	2
0	0

Passing/Dribbling Test

Successful Passes

2
1
0

Scale

10
5
0

<u>Time</u>	<u>Men's Scale</u>	<u>Women's Scale</u>
10 sec or under	10	10
12 sec	9	10
14 sec	8	9
16 sec	7	8
18 sec	6	7
20 sec	5	6
22 sec	4	5
24 sec	3	4
26 sec	2	3
28 sec	1	2
30 sec	0	1
>32 sec	0	0