

Reedley College
Soccer Conditioning PE-36C SPRING 2019 Course Syllabus

Course Title: Soccer Conditioning

Instructor: Onesta Francis

Course Number: PE-36C (54310)

Class Times:

Monday, Wednesday 6:00pm-7:15pm

Phone: (559) 287-6031

Email: onesta.francis@reedleycollege.edu

Prerequisites: None

Required Text: None

CLASS OUTCOMES:

Upon completion of this course, students will be able to:

1. Properly and safely execute practice drills.
2. Demonstrate correct weight lifting techniques.
3. Pass standardized fitness tests.
4. Apply proper decorum policies as determined by the Commission on Athletics and head soccer coach.

CLASS OBJECTIVES:

In the process of completing this course, students will:

1. Evaluate and critique current fitness levels in preparation for intercollegiate soccer.
2. Plan, implement, and practice appropriate soccer drills that promote improved levels of performance.
3. Improve technical quality (passing, dribbling, shooting, and ball control)

GRADING

1. Attendance and participation
2. Fitness Test (strength, speed, agility, stamina)
3. Skills Training (passing, dribbling, shooting, tackling)
4. Written Assignment 1 - Personal Workout Plan
5. Written Assignment 2 - Personal Diet Plan

GRADING SCALE

A	100 – 90 %
B	89 – 80 %
C	79 – 70 %
D	69 – 60 %
F	59 – 0 %

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

DROP POLICY:

18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences

<i>2019 Spring Semester Important Dates</i>	
DATE	ACTION
January 25th, 2019	Last day to drop for full refund
February 1st, 2019	Last day to add classes
February 3rd, 2019	Last day to drop (letter grades assigned after this date)
May 17th, 2019	Last day of Instruction
May 20-24, 2019	Final Examinations