

PE-36B Course Syllabus

Spring 2022

Course Info

Course Title: PE 36B Competitive Soccer (57321)

Meeting Room: Soccer Field

Class Times: MW 9-10:50am, TuTh 3:30-6pm

Instructor: Onesta Francis

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: <https://calendly.com/reedley-college-soccer/onesta-francis-office-hours>

Mon-Wed 11:30am-2:30pm

Important Dates

August 19: Deadline to drop with refund

August 28: Deadline to drop to avoid "W" on your transcripts

September 5: Labor Day

October 7: Drop deadline

November 11: Veteran's Day

November 24-25: Thanksgiving

December 5-9: Finals

Course Objectives

1. Demonstrate and participate in exercises for the specified component of fitness.
2. Execute exercises in the following areas: muscular strength, muscular endurance, flexibility, cardiovascular endurance.
3. Use balance ball for stability, strengthening exercise and flexibility.
4. Use of flex bands for stretching and strength improvement.
5. Use of hand weights and resistance bands for muscular strength.
6. Use of isometric and isotonic exercises using bodyweight to build muscular endurance.
7. Walk, jog, run and/or aerobics for cardiovascular endurance.

Student Learning Outcomes

PE-36B SLO1: Demonstrate improved proficiency in the skills of the sport of soccer.

PE-36B SLO2: Demonstrate knowledge and proficiency of team strategies and philosophy in soccer.

Course Objectives

- Develop the values of teamwork and cooperation in order to successfully attain a common goal.
- Demonstrate the individual skills of soccer.
- Analyze and apply the rules, fundamentals and technique of soccer.
- Improve overall health, strength, and general well-being during the season of competition.

Grading Scale

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

Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (e.g. Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor 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 3 absences