

# PE-36E Course Syllabus

Spring 2022

## Course Info

Course Title: PE 36E Soccer Training (50748)

Meeting Room: Soccer Field

Class Times: MWF 9-10:30am, TuTh 4-5:30

Instructor: Onesta Francis

Email: [Onesta.Francis@ReedleyCollege.edu](mailto:Onesta.Francis@ReedleyCollege.edu)

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

Tue/Thu 9am-10am, 12pm-1:30pm

## Important Dates

January 21: Deadline to drop with refund

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

February 18: Lincoln Day (no class)

February 21: Washington Day (no class)

March 11: Drop deadline

April 11-15: Spring Break

May 16-20: 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-36E SLO1: Demonstrate effective communication skills as it relates to attacking, defensive, and transition situations.

PE-36E SLO2: Demonstrate proper technical skills.

PE-36E SLO3: Illustrate a basic knowledge of position specific responsibilities.

## 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