

# PE-36C Course Syllabus

Summer 2023

## COURSE INFORMATION

Course Title: Soccer Conditioning (for women's intercollegiate team)

Instructor: Onesta Francis

Course Number: PE-36C (56334)

Class Times: M-F 8am-10:30am

Phone: (559) 287-6031

Email: [onesta.francis@reedleycollege.edu](mailto:onesta.francis@reedleycollege.edu)

## CLASS OUTCOMES

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

1. Analyze game situations and choose the proper strategy.
2. Demonstrate the proper habits, attitudes and skills for soccer.
3. Develop muscular stamina through activity.
4. Identify and rate soccer skills used during practice or competition.

## CLASS OBJECTIVES

In the process of completing this course, students will:

1. Demonstrate and develop the proper technique and skill necessary to play soccer.
2. Develop the muscular strength and cardiovascular endurance needed to play soccer.

## GRADING

1. Workout Completion
2. Fitness Testing
3. Nutrition Tracking and Planning
4. Preparing for Academic Success
5. Soccer Match Tactical Analysis

## COMMUNICATION POLICY

If you have questions about any of our assignments or workouts, please feel free to contact me directly via phone, text message or inbox me through Canvas.

I am available Monday through Friday 9am-5pm.

I generally respond within 24 hours. If 24 hours pass and you have not heard from me, there may have been an error. Please send the message again.

Also, feel free to use the [Q&A page](#). I will likely respond to that within 24 hours. But, a fellow classmate may have already asked the same question. So, it's a good place to check.

## 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.

## GRADING SCALE

Grade	Percentage Range	GPA
A	>89.5	4
B	79.5-89.4	3
C	69.5-79.4	2
D	59.5-69.4	1
F	<59.4	0

## ATTENDANCE AND DROP POLICY

For this course, attendance and participation are mandatory. Here are some of the expectations you should keep in mind. You may be dropped if you do not consistently participate in discussion and / or class activities.

## LATE WORK POLICY

It is important to complete and submit assignments in a timely manner. *Late assignments will not be accepted.*

If there are extenuating circumstances that will force you to submit an assignment late, you need to notify me ASAP.

If you miss an assignment, you can make up some of the points with extra credit opportunities. 1 extra credit assignment will be available each week. Please review the [weekly announcements](#) for more info.