Suffolk County Community College
Riverhead, New York

Instructor: Ms. Bergmann
Course: Soccer
Dept. #: 548-2559
Catalog #: PED116
Email: bergmanm@sunysuffolk.edu
CRN: 93150

Course Description:

This course covers the basic fundamentals of soccer as well as providing the student with the opportunity to develop a high level of organic fitness through vigorous participation.

Objectives:

1. Identify and apply the rules and regulations that govern soccer.
2. Demonstrate appropriate warm-up and cool-down activities.
3. Calculate the appropriate training target heart rate for a healthy individual given their age and resting heart rate.
4. Achieve an average of AT LEAST 60% on written assignments.
5. Demonstrate dribbling, passing, and shooting commensurate with adult-level soccer playing.
6. Describe and implement various offensive and defensive formations.
7. Demonstrate appropriate team work
8. Identify the role of nutrition in attaining fitness

College-wide Attendance Policy:

All students are required to attend every class session of each course for which they are registered. Students are responsible for all that transpires in class whether or not they are in attendance, even if absences are the result of late registration or add/drop activity at the beginning of the term as permitted by college policy. The college defines excessive absence or lateness as more than the equivalent of one week of class meetings during the semester. Excessive absence or lateness may lead to failure in, or removal from the course.

Attendance Policy for PED116:

This class will only meet for 20 class sessions. Therefore, all students are required to attend each class meeting. Each absence beyond one absence will result in the student’s final average being lowered 5 points. Each lateness or early departure is equal to one half of an absence. If you attend class but are unable to participate because you do not have appropriate clothing, you will be marked absent. The third absence (or the equivalent) will result in the student failing the course.

Student Requirements:

1. Students are required to wear appropriate attire (see Attire below)
2. Students are required to have a folder for class hand outs and writing utensils.
3. Students are required to complete all assignments on time and participate in all practice sessions.
4. Students are required to participate in all activities in a safe and respectful manner.
**Grading Policy:**

- Active participation in class/field activities                  25%
- Active participation and completion of fitness assessment   25%
  *(includes pre and post assessment and daily recorded pulse checks)*
- PSR (Personal and Social Responsibility) and Team Officiating Project 25%
- Final (written)                                               25%

**Attire:**

This is a nearly all-weather outdoor course. There will be times when it is wet, cold, and/or windy. Please follow the attire guidelines below.

1. Soccer shoes are suggested. Court shoes are not appropriate for this activity. Choose a shoe that has support and will not cause unnecessary slips on the soccer field. Shoes that are meant for athletic use are a must.
2. T-shirts, shorts, and sweats are appropriate attire. During cold or windy weather, you may need to wear additional layers of clothing.

**Inclement Weather:**

Classes will generally not be cancelled for inclement weather unless there is lighting or other extreme weather. However, do not assume that class is cancelled due to the weather. If there is a question about whether or not the class is cancelled, the student may call 548-2559.

**Cancellation of Class:**

If class needs to be cancelled for any reason I will send out an email to all students 1-2 hours before class. If the weather is poor and you receive no notification from me, please proceed to meet in our designated class room. Always bring appropriate clothes for all situations!

PLEASE NOTE: Any information I need to relay to you such as a cancelled class, will be done via email to your school email accounts. You are expected to check your email 2 hours prior to class for any cancellations, announcements, etc.

**ADDITIONAL NOTES:**

1. Prolonged exposure to sunlight has been linked to the development of skin cancer. Be certain to wear sun block product with at least 15 SPF.
2. This course may require outdoor activities that increase your possible exposure to ticks. You may reduce your risk of being bitten by applying Permethrin or Deet tick repellents which can be bought at garden centers, hardware, drug or sporting good stores. Students should check themselves and others after outdoor activities.
3. Soccer can be physically taxing. All students must make sure to eat adequately prior to participating in PED116. Water should be consumed prior to, during, and after participation.
4. If you have been sedentary for a long time, have physical or medical problems that may limit your ability to participate safely in this course, or are over 35 years old, you should consult with your physician before enrolling in this course.
5. NO ONE IS EXCUSED FROM PARTICIPATION.
6. SMOKING IS NEVER PERMITTED DURING CLASS TIME. If you smoke during class time you will be marked absent for the day and you will lose ten points off your class average for the first offense. If you smoke in class a second time, you will be marked absent and you will lose an additional 20 points off your class average, and you will be referred to the Dean of Students for behavior not appropriate during class time.
7. USE OF CELL PHONES IS NOT PERMITTED DURING CLASS. If you use a cell phone during class you will be marked absent for the day.
8. Finally, this class is intended to be a safe learning experience. Any individual who demonstrates behavior that is dangerous to the safety of any individual in the course or continues, despite warning from the instructor, to interfere with the instructional process will be withdrawn from this course by the instructor and receive a failing grade.

What is PSR?

PSR is a good portion of your final grade!

PSR is personal and social responsibility. In a class such as soccer, there are often various skill levels and various levels of competitiveness. Students are expected to work together with all classmates. Students should always demonstrate good sportsmanship and proper language. Students should take care of all equipment in class. Any destruction of class property is unacceptable. When grading your PSR, I will be taking all of the above into account as well as your ability to act in a safe manner throughout all classes. For example, if you are going to goal, I expect that you will not take a shot when there is a player clearly in your way. We want to avoid any and all injuries.

Course Schedule:

This class will meet for 20 sessions. When we have met for 20 sessions the class is over. Each class in which we are on the soccer field we will always do a proper warm-up and cool-down. Please be prepared for in-class activities and discussions prior to playing soccer. You will be given notice if you are supposed to meet AT THE FIELD for the start of class. If you have not been given notice you will meet in the designated classroom.

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<tr>
<th>SESSION</th>
<th>DESCRIPTION</th>
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<tr>
<td>1</td>
<td>Course description, overview of the requirements, resting pulse, target heart rate, baseline measurements</td>
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<td>2</td>
<td>Soccer rules and positional play</td>
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<td>3</td>
<td>Game analysis, overview of the game, baseline fitness test, warm-up routine</td>
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<td>4</td>
<td>Dribbling, passing/trapping, goalie information</td>
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<td>5</td>
<td>Review of previous topic, additional passing/trapping, kicking.</td>
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<td>6</td>
<td>Review of previous topics, small sided games/relays</td>
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<td>7</td>
<td>Review of previous topics, tackling, throw in</td>
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<td>8</td>
<td>Review of previous topics, off-side rule</td>
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<td>9</td>
<td>Review, heading, team play, offensive strategy</td>
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<td>Review, defensive strategy, corner kick, goal kick</td>
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<td>11</td>
<td>Review of Rules, small sided games, Team Officiating Overview</td>
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<td>Full-Field Game/Scrimmage</td>
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<td>13</td>
<td>Tournament: Group One Officiates</td>
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<td>19</td>
<td>Review of all class material</td>
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<tr>
<td>20</td>
<td>Final Written Exam and Post Fitness Assessments</td>
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