

Course Outline for: EXSC 1118 Soccer**A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Soccer is a worldwide sport emphasizing coordination and cardiovascular conditioning. Through practice and play, students develop technical skills and an understanding of the rules and strategies of the game. Students participate in drills and games to progress their abilities and knowledge of soccer.

B. Date last reviewed/updated: May 2025**C. Outline of Major Content Areas:**

1. Conditioning: stretching and strengthening exercises
2. Movement patterns and ready positions
3. Offensive skills: passing, corner kick, dribbling, and heading
4. Defensive skills: tackling, heading, and blocking
5. Team offensive strategies: multiple offenses
6. Team defensive strategies: multiple defenses
7. Rules, terminology, and respectful conduct

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Use proper ready positions to move efficiently on the field.
2. Demonstrate correct offensive techniques.
3. Demonstrate correct defensive techniques.
4. Apply appropriate offensive strategies during play.
5. Apply appropriate defensive strategies during play.
6. Correctly apply the rules of the game of soccer.
7. Behave courteously and respectfully towards opponents and teammates.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Attendance and class participation
2. Subjective assessment of effort and skill
3. Written objective testing

F. Special Information:

None