

Glendale College  
**Course Outline of Record Report**

Course ID 003070  
 Cyclical Review - March 2025

**PE238 : Soccer I**

**General Information**

|   |  |
|---|--|
| Author:                                     | • Erin Calderone   |
| Course Code (CB01) :                        | PE238  |
| Course Title (CB02) :                       | Soccer I   |
| Department:                                 | PE   |
| Proposal Start:                             | Spring 2026  |
| TOP Code (CB03) :                           | (0835.00) Physical Education   |
| CIP Code:                                   | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.  |
| SAM Code (CB09) :                           | E - Non-Occupational   |
| Distance Education Approved:                | No   |
| Will this course be taught asynchronously?: | No   |
| Course Control Number (CB00) :              | CCC000558957   |
| Curriculum Committee Approval Date:         | 03/26/2025   |
| Board of Trustees Approval Date:            | 06/17/2025   |
| Last Cyclical Review Date:                  | 03/26/2025   |
| Course Description and Course Note:         | PE 238 teaches the beginning concepts of soccer in a recreational environment. Students learn basic skills of soccer: passing, receiving, trapping, dribbling, and control techniques, as well as the fundamental history, rules, etiquette, and safe play pertaining to soccer. |
| Justification:                              | Mandatory Revision   |
| Academic Career:                            | • Credit   |
| Mode of Delivery:                           | • In-Person  |
| Author:                                     | No value   |
| Course Family:                              | Soccer/Football  |

**Academic Senate Discipline**

|                       |                      |
|-----------------------|----------------------|
| Primary Discipline:   | • Physical Education |
| Alternate Discipline: | No value             |
| Alternate Discipline: | No value             |

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### Program Status

Course Program Status (CB24)

**Associated Program**

**Award Type**

**Active**

Kinesiology (AA-T)

AA-T Degree

Winter 2026

Sports Coaching (AS)

A.S. Degree

Fall 2025

Sports Coaching (Cert)

Certificate of Achievement

Fall 2025

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**GCC General Education Requirements**

**Area**

**Status**

**Approval Date**

**Comparable Course**

Area 8: Lifelong Learning

Lifelong Learning

Approved

09/02/2025

No Comparable Course defined.

### Units and Hours

**Summary**

**Minimum Credit Units (CB07)** 1

**Maximum Credit Units (CB06)** 1

|  |    |
|--|----|
| <b>Total Course In-Class (Contact) Hours</b> | 54 |
| <b>Total Course Out-of-Class Hours</b>       | 0  |
| <b>Total Student Learning Hours</b>          | 54 |

**Credit / Non-Credit Options**

|   |   |  |
|---|---|--|
| <b>Course Type (CB04)</b><br>Credit - Degree Applicable   | <b>Noncredit Course Category (CB22)</b><br>Credit Course. | <b>Noncredit Special Characteristics</b><br>No Value                         |
| <b>Course Classification Code (CB11)</b><br>Credit Course.<br><input type="checkbox"/> Variable Credit Course | <b>Funding Agency Category (CB23)</b><br>Not Applicable.  | <input type="checkbox"/> Cooperative Work Experience Education Status (CB10) |

**Weekly Student Hours**

|                  | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours    | 0        | 0            |
| Laboratory Hours | 3        | 0            |
| Studio Hours     | 0        | 0            |

**Course Student Hours**

|  |    |
|--|----|
| <b>Course Duration (Weeks)</b>         | 18 |
| <b>Hours per unit divisor</b>          | 0  |
| <b>Course In-Class (Contact) Hours</b> |    |
| Lecture                                | 0  |
| Laboratory                             | 54 |
| Studio                                 | 0  |
| <b>Total</b>                           | 54 |
| <b>Course Out-of-Class Hours</b>       |    |
| Lecture                                | 0  |
| Laboratory                             | 0  |
| Studio                                 | 0  |
| <b>Total</b>                           | 0  |

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

## Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

## Entry Standards

| Entry Standards                               | Description |
|---|-------------|
| Identify soccer as a sport.                   | No Value    |
| Perform moderate daily physical activities.   | No Value    |
| Participate in a team environment.            | No Value    |
| Demonstrate and maintain a positive attitude. | No Value    |

## Course Limitations

| Cross Listed or Equivalent Course | Description |
|-----------------------------------|-------------|
| No value                          | No value    |

## Specifications

| Methods of Instruction |                |
|------------------------|----------------|
| Methods of Instruction | Lecture        |
| Methods of Instruction | Laboratory     |
| Methods of Instruction | Discussion     |
| Methods of Instruction | Demonstrations |

|  |   |                  |             |             |
|--|---|------------------|-------------|-------------|
| <b>Methods of Instruction</b>  | Collaborative Learning  |                  |             |             |
| <b>Methods of Instruction</b>  | Presentations   |                  |             |             |
| <b>Methods of Instruction</b>  | Multimedia  |                  |             |             |
| <b>Out of Class Assignments</b>  |   |                  |             |             |
| <ul style="list-style-type: none"> <li>• Critique (e.g. watch a soccer game on television and write a summary on each position in soccer)</li> <li>• Essay (e.g. attend a soccer game and write a basic overview incorporating soccer terminology and concepts)</li> </ul> |   |                  |             |             |
| <b>Methods of Evaluation</b>   | <b>Description of Activity/Interaction</b>  |                  |             |             |
| Other  | Practical examination   |                  |             |             |
| Exam/Quiz/Test   | Written midterm examination   |                  |             |             |
| Exam/Quiz/Test   | Written final examination   |                  |             |             |
| Other  | Participation in a scrimmage  |                  |             |             |
| <b>Textbook Rationale</b>  |   |                  |             |             |
| No Value   |   |                  |             |             |
| <b>Textbooks</b>   |   |                  |             |             |
| <b>Author</b>  | <b>Title</b>  | <b>Publisher</b> | <b>Date</b> | <b>ISBN</b> |
| No Value   | No Value  | No Value         | No Value    | No Value    |
| <b>Other Instructional Materials (i.e. OER, handouts)</b>  |   |                  |             |             |
| <b>Description</b>   | IFAB Laws of the Game 24/25   |                  |             |             |
| <b>Author</b>  | International Football Association Board  |                  |             |             |
| <b>Citation</b>  | No value  |                  |             |             |
| <b>Online Resource(s)</b>  | <a href="https://downloads.theifab.com/downloads/laws-of-the-game-2024-25?l=en">https://downloads.theifab.com/downloads/laws-of-the-game-2024-25?l=en</a> |                  |             |             |
| <b>Description</b>   | NCAA 2024 and 2025 Soccer Rules   |                  |             |             |
| <b>Author</b>  | National Collegiate Athletics Association   |                  |             |             |
| <b>Citation</b>  | No value  |                  |             |             |

Online Resource(s)

<https://www.ncaapublications.com/p-4692-2024-and-2025-soccer-rules.aspx>

## Learning Outcomes

### Course Objectives

List the basic rules and regulations of soccer.

Demonstrate basic individual skills of soccer.

Engage in varied game-like situations incorporating basic offensive and defensive techniques and strategies.

Understand perceived exertion regarding physical activity.

Incorporate social skills to enhance student interaction, individual growth, sportsmanship, and teamwork.

### SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

Demonstrate knowledge of the rules of soccer. Expected Outcome Performance: 70.0

Demonstrate basic fundamental skills for soccer. Expected Outcome Performance: 70.0

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

### SLO Evidence

No Value

## Course Content

### Lecture Content

No value

### Laboratory/Studio Content

#### Safety Procedures, Set-Up, and Breakdown (6 hours)

- Creating a safe environment
- Stretching and warm-up
- Setting up the soccer field
- Breaking down the soccer field
- Cool-down

#### History, Basic Rules, and Terminology (10 hours)

- Development and history of soccer
- Rules: Federal International Football Association (FIFA)
- Rules: National Collegiate Athletic Association (NCAA)

#### Basic Individual Skills for Soccer (20 hours)

- Passing
- Receiving
- Trapping: Chest, thigh, and arch
- Heading
- Kicking: Free, center, and corner

#### Team Concepts for Soccer (16 hours)

- Team offense overview
- Team defense overview
- Basic player positions
- Basic team strategies
- Basic game play

#### Conditioning for Soccer (2 hours)

- Core conditioning
- Cardiovascular conditioning

**Total hours: 54**

## Additional Information

### Repeatability

Not Repeatable

### Justification (if repeatable was chosen above)

No Value

### Is it possible this course will have a material fee?

No

### I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No Value

What term(s) will this course be offered?

Fall/Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value