

# **Common Course Outline**

**PETA 121**

**Box Soccer/Conditioning**

**1 Semester Credit**

## **The Community College of Baltimore County**

### **Description**

Box Soccer/Conditioning

Introduces the basic skills and strategies of indoor box soccer, with emphasis on cardiovascular improvement and conditioning.

### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Understand the basic skills, rules, and techniques of indoor soccer.
2. Understand the strategy involved in playing indoor soccer.
3. Develop and understand the factors in team play in indoor soccer.
4. Understand the importance of conditioning of the human body for participation in athletics.
5. Demonstrate a knowledge of the game through class competition and game officiating.
6. Demonstrate a level of proficiency in the basic soccer skills.
7. Demonstrate team work through team play.

### **Major Topics**

1. Indoor Soccer Rules
2. Indoor Soccer Skills
3. Cardiovascular Conditioning

### **Course Requirements**

Students will be required to complete the following minimums:

1. Attendance and Participation
2. Written Evaluation and Skill Testing
3. Conditioning Evaluation