

PE 175/176: Outdoor Soccer I, II

Fundamentals of dribbling, passing, shooting, and defense for outdoor soccer. Emphasis on play. (E)

Course Student Learning Outcomes

1. Increase endurance and physical fitness
2. Improve individual kicking skills
3. Improve individual trapping skills
4. Improve individual defensive skills
5. Gain understanding of soccer rules
6. Develop principles of teamwork
7. Begin path toward lifestyle of health and fitness

Credits: 1

Program: **Physical Education**