



EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

A. Division: **Science & Technology** Effective Date: September 2004

B. Department / Program Area: **Sport Science** New Course Revision: **X**

If Revision, Section(s) Revised: **C, I, L, M, N**

Date Last Revised: **November 23, 2000**

C: **SPSC 2322** D: **Performance Analysis: Rugby and Soccer** E: **3**

Subject & Course No.	Descriptive Title	Semester Credits
F:	Calendar Description: In this course, the sports of rugby and soccer will be analyzed from theoretical and practical points of view. The essential nature of each sport will be studied, along with critical high performance factors. Topics include the qualitative and quantitative analysis of each sport, as well as the study of the respective techniques, tactics and strategies of each sport.	
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings	H: Course Prerequisites: None
	Primary Methods of Instructional Delivery and/or Learning Settings: Lecture/Practice	I: Course Corequisites: None
	Number of Contact Hours: (per week / semester for each descriptor) 4	J: Course for which this Course is a Prerequisite None
	Number of Weeks per Semester: 15	K: Maximum Class Size: 35
L:	PLEASE INDICATE:	
<input type="checkbox"/>	Non-Credit	
<input type="checkbox"/>	College Credit Non-Transfer	
<input checked="" type="checkbox"/>	College Credit Transfer:	Requested for UBC <input checked="" type="checkbox"/> Granted <input checked="" type="checkbox"/> HKIN 215
	SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)	
	Equivalent Courses: UBC HKIN 215 (3 credits) & HKIN 220 SFU Athletics 202 (3 credits) UVIC PE 121 and PE 123 (0.5 units each)	

M: Course Objectives / Learning Outcomes

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

1. Describe the conceptual nature of rugby and soccer
2. Describe and demonstrate the techniques involved in the performance of rugby and soccer
3. Describe and demonstrate the tactics and strategies involved in the performance of rugby and soccer
4. Describe and demonstrate the qualitative analysis of rugby and soccer
5. Describe and demonstrate the quantitative analysis of rugby and soccer
6. Demonstrate a theoretical and practical knowledge of warm up and conditioning programs for rugby and soccer.
7. Demonstrate appropriate pedagogical and principles for effective instruction.

N: Course Content:1. Concepts

The student will:

- 1.1 Describe the historical development of the sport
- 1.2 Describe the terminology of the sport
- 1.3 Describe rule concepts
- 1.4 Describe positional concepts

2. Techniques

The student will:

- 2.1 Describe the purpose of individual and team skills
- 2.2 Describe the sequence of skilled performance for individual and team skills
- 2.3 Demonstrate competent performance for individual and team skills
- 2.4 Describe and demonstrate individual skill and team learning progressions
- 2.5 Describe and demonstrate feedback techniques:
 - 2.5.1 positive specific feedback
 - 2.5.2 error detection/correction

3. Tactics and Strategies

The student will:

- 3.1 Describe the purpose of common tactics and strategies:
 - 3.1.1 offense
 - 3.1.2 defense
 - 3.1.3 transition
- 3.2 Demonstrate basic tactical and strategical formations
 - 3.2.1 offense
 - 3.2.2 defense
 - 3.2.3 transition
- 3.3 Describe and demonstrate tactical and strategical interactions
- 3.4 Describe seasonal planning and training principles

4. Qualitative Analysis

The student will:

- 4.1 Describe and demonstrate the analysis of each sport:
 - 4.1.1 elements
 - 4.1.2 dimensions
 - 4.1.3 hierarchies
- 4.2 Describe and demonstrate the formative and summative qualitative analysis of each sport

5. Quantitative Analysis

The student will:

5.1 Describe and demonstrate the analysis of each sport:

- 5.1.1 statistical
- 5.1.2 flow
- 5.1.3 time/motion

5.2 Describe and demonstrate the formative and summative quantitative analysis of each sport.

6. Warm-up and Conditioning

The student will:

6.1 Demonstrate a theoretical and practical knowledge of conditioning programs for Rugby and Soccer with particular emphasis on:

- 6.1.1 Warm-up Techniques
- 6.1.2 Cardiovascular Fitness
- 6.1.3 Endurance
- 6.1.4 Flexibility
- 6.1.5 Agility
- 6.1.6 Speed
- 6.1.7 Cool Down Techniques

7. Pedagogical Principles

The student will:

- 7.1 Demonstrate a knowledge of the conceptual approach to instruction
- 7.2 Demonstrate a knowledge of discovery/problem solving methodologies
- 7.3 Demonstrate a knowledge of appropriate skill progressions
- 7.4 Demonstrate a knowledge of tactical progressions
- 7.5 Demonstrate a knowledge of drill design
- 7.6 Demonstrate a knowledge of seasonal planning and training principles

O: Methods of Instruction

Lecture
 Discussion groups and group projects
 Practical applications and experiences
 Field observation
 Guest presenters
 Technology assisted learning
 Assigned readings and literature research

P: Textbooks and Materials to be Purchased by Students

“Rubgy Steps to Success” by Tony Biscombe & Peter Drewett (2000)
 NCCP Level 1 Technical Manual
 Handouts

Q: Means of Assessment

Mid-term Examination	20%
Final Examination	10%
Term Project	20%
Practical Application Project	30%
Research Project	<u>20%</u>

TOTAL: 100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar