

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.

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

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