			Semester Credits	
F:	Calendar DeSem each			
	respective techniques, tactics and strategies of each	sport.	sport, as well as the study of the	
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings	H:	Course Prerequisites:	
	Primary Methods of Instructional Delivery and/or Learning Settings:		None	
	Lecture/Practice	I:	Course Corequisites: None	
	Number of Contact Hours: (per week / semester for each descriptor)	J:	Course for which this Course is a Prerequisite	
	4		None	
	Number of Weeks per Semester:	K:	Maximum Class Size:	
	15		35	
L:	PLEASE INDICATE:	1		
	Non-Credit			
	College Credit Non-Transfer 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.

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 6. Warm-up and Conditioning The student will: 6.1 Demonstrate a theoretical and practical knowledge of conditioning programs 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 appropriate skill progressions 7.3 Demonstrate a knowledge of tactical progressions 7.4 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				
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"Puhay Stops to Success" by Topy Biscomba & Poter Drowatt (2000)	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 Examination20%Final Examination10%Term Project20%Practical Application Project30%Research Project20%				
TOTAL: 100%				

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar

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