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## SECTION HEADING

### PHED 2179: Intercollegiate Women's Soccer

#### Description

Intercollegiate Women's Soccer includes participation in intercollegiate competition in women's soccer at the community college level representing Minnesota West Community and Technical College in the Minnesota Community College Athletic Conference and National Junior College Athletic Association.

#### Credits

1

#### Prerequisite

PHED 1179

#### Corequisite

None

#### Topics to be Covered

1. NJCAA/NCAA Soccer Rules, Offensive and Defensive strategies, Film Breakdown and Conditioning.
2. Proper nutrition and healthy lifestyles, teamwork, sportsmanship, diversity and inclusion.
3. Standards for eligibility and student code of conduct.

#### Learning Outcomes

1. Demonstrates proficiency in proper execution of game situations.
2. Demonstrates professional and ethical responsibility within the team and competitive arena including proper etiquette and good sportsmanship.
3. Utilizes the techniques, skills, and tools necessary for enhancement of health, fitness, nutrition and overall well-being.
4. Demonstrate and acknowledge intercollegiate rules and expectations set forth by the NJCAA and the Minnesota West Community and Technical College coaching staff.
5. Demonstrate a knowledge and a proficiency in the fundamental, as well as advanced, skills needed for the game of soccer.

#### Credit Details

Lecture: 0

Lab: 1

OJT: 0

MnTC Goal Area(s): None