Course Title: Futsal

Course #: 1964

Course Description: Futsal is a course where students learn the basic skills of Futsal and indoor soccer. Games are played daily in the gym in a high energy environment with music and high speed play.

UC/CSU Approval: 

Grade Level: 10-12

Estimated Homework Per Week: NONE

Prerequisite: NONE

Recommended Prerequisite Skills: Basic soccer skills and knowledge of rules

Course Grading:
Students receive 4 points daily based on the following standards:

4 Points:
- Engaged in designed workout throughout entire period. \( (All \ drills \ completed) \)
- Works with optimum efficiency to obtain peak physical conditioning.
- Demonstrates proper technique at all times.
- Demonstrates proper safety at all times.
- Completes all written assignments in a timely fashion.

3 Points:
- Engaged in designed workout throughout most of the class period. \( (3/4's \ of \ drills \ completed) \)
- Works with above average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique a majority of the lifts.
- Demonstrates proper safety a majority of the time.
- Completes all written assignments.

2 Points:
- Sporadically engaged in designed workout during the class period. \( (1/2 \ of \ drills \ completed) \)
- Works with below average efficiency to obtain peak physical conditioning.
• Demonstrates proper technique rarely.
• Demonstrates proper safety rarely.
• Completes some written assignments.

1 Point:
• Rarely engaged in designed workout during the class period. (1/4 drill completed)
• Works with poor efficiency to obtain peak physical conditioning.
• Demonstrates proper technique hardly ever.
• Demonstrates proper safety hardly ever.
• Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting - Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy - Students will identify major muscles involved with exercise.
3. Exercise and Muscle identification - Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for students - Students will explore basic exercise nutrition as it relates to class movements.
5. Fitness - FITT
   a. Frequency (how often)
   b. Intensity. Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time 30-60 minutes per class
   d. Type – Muscular strength, muscular endurance, flexibility, and balance.