

Term	Course	Contract Title	Description
Spring 2020	KINS 3135	Youth Soccer Techniques and Risks	This is a literature review focusing on the sport of soccer in children and how to reduce injury and encourage the development of soccer skills through exercise. There will be sections describing potential injuries and a detailed training program to focus on rehabilitation and proper development. The training program will be focused on developing the skills needed to improve soccer technique by using resistance exercises that are simple enough for a child to practice.