

CATALOG INFORMATION

Dept and Nbr: ATHL 45            Title: WOMEN'S VAR VOLLEYBALL  
Full Title: Women's Varsity Volleyball  
Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable  
Grading:            Grade or P/NP  
Repeatability:    34 - 4 Enrollments Total  
Also Listed As:  
Formerly:        PE 93

**Catalog Description:**  
This course includes practice and participation for intercollegiate volleyball, emphasizing volleyball skills, fundamentals, and strategies.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**  
By Tryout

**Schedule of Classes Information:**  
Description: This course includes practice and participation for intercollegiate volleyball, emphasizing volleyball skills, fundamentals, and strategies. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment: By Tryout  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Compete in volleyball at an advanced level
2. Demonstrate the appropriate physical skills and strategies of volleyball
3. Display a knowledge and employment of the rules of volleyball

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate individual fundamental skills pertaining to volleyball.
2. Demonstrate and apply practical and general knowledge of the game of volleyball and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

#### **I. Fundamental Skills**

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscle and cardiovascular endurance

#### **II. Individual skills**

- A. Overhead pass
- B. Forearm pass
  1. Serve reception
  2. Dig
  3. Free ball

- C. Serve
  - 1. Overhand
  - 2. Floater
  - 3. Jump
  - 4. Top spin
- D. Blocking
  - 1. Read
  - 2. Commit
- E. Attacking
  - 1. Hard driven hit
  - 2. Tip
  - 3. Off speed
- II. Team skills
  - A. Offense
    - 1. 5-1
    - 2. 6-2
  - B. Defense
    - 1. Player-back
    - 2. Player-up
    - 3. Rotation
    - 4. Counter rotation
  - C. Serve/receive patterns
    - 1. 4 player
    - 2. 3 player
    - 3. 2 player
- III. Competition
  - A. Conference Schedule
  - B. Competition rules dictated by current NCAA rules.
- IV. Opponent Analysis
  - A. Offensive and defensive strategies
  - B. Personnel

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Assignment:**

Students are expected to spend an additional three hours per week outside of class completing one or more of the following assignments.

- 1. In-class work may include:
  - A. Film analysis
  - B. Note taking
  - C. Physical training and conditioning
  - D. Development and demonstration of related skills including practice and game performance
  - E. Establishing team goals
  - F. Periodic quizzes
- 2. Fieldwork may include:
  - A. Scouting reports execution
  - B. Playbook application
  - C. Intercollegiate competition

3. Repeating students demonstrate an increased level of performance

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Note taking

Writing  
5 - 10%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams, practice and game performance

Skill Demonstrations  
25 - 60%

**Exams:** All forms of formal testing, other than skill performance exams.

Attendance, film analysis, periodic quizzes

Exams  
10 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation, physical training and conditioning

Other Category  
25 - 60%

### Representative Textbooks and Materials:

Instructor prepared materials

Culture Code - The Secrets of Highly Successful Groups. Coyle, Daniel. Bantam. 2018