

CATALOG INFORMATION

Dept and Nbr: ATHL 45L

Title: VOLLEYBALL LAB

Full Title: Volleyball Lab

Last Reviewed: 2/6/2023

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 3.00 | Lecture Scheduled | 1.00 | 17.5 | Lecture Scheduled | 17.50 |
| Minimum | 1.00 | Lab Scheduled | 4.00 | 17.5 | Lab Scheduled | 70.00 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 5.00 | | Contact Total | 87.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 35.00

Total Student Learning Hours: 122.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 96

Catalog Description:
This course is designed for intercollegiate athletes for the development of individual skills and team concepts through film analysis, classroom lecture and practical application.

Prerequisites/Corequisites:

Recommended Preparation:
Currently enrolled in Advanced Volleyball or Intercollegiate Volleyball.

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed for intercollegiate athletes for the development of individual skills and team concepts through film analysis, classroom lecture and practical application. Transfer Credit: CSU; UC (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Currently enrolled in Advanced Volleyball or Intercollegiate Volleyball.
Limits on Enrollment:
Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | |
|-------------------|----------------------|-------------------|------------------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |

| | | | |
|---------------|----------------------|-------------------|------------------|
| IGETC: | Transfer Area | Effective: | Inactive: |
|---------------|----------------------|-------------------|------------------|

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|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 2000 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

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| UC Transfer: | Transferable | Effective: | Fall 2000 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

- a. Analyze and assess individual and team performance through the use of film.
- b. Demonstrate the knowledge of offensive skills and strategies.
- c. Demonstrate the knowledge of defensive skills and strategies.
- d. Utilize various types of physical training methods to enhance performance.
- e. Understand the rules of volleyball according to the governing rule book.

Topics and Scope:

Outlines of topics to be addressed in this course.

- A. Use of film
 1. individual performance and assessment
 2. team and individual position play in various situations
- B. Scouting Reports
 1. prepare athletes for competition
- C. Defensive skills
- D. Offensive skills
- E. Extensive physical conditioning drills

Assignment:

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.

Written assignments

Writing
10 - 30%

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

Skill Demonstrations
10 - 30%

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

Multiple choice, True/false, Short Answer and Oral

Exams
10 - 30%

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

Attendance

Other Category
30 - 60%

Representative Textbooks and Materials: