

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: 0.00

Total Student Learning Hours: 105.00

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 try out

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 try out

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**

### **Outcomes and Objectives:**

Upon completion of this course, students will 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
- V. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Assignment:**

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%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> 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%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Attendance, film analysis, periodic quizzes	Exams 10 - 25%
<b>Other:</b> 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

Afremow, J. (2013). The champion's mind: How great athletes think, train, and thrive. New York: Rodale.