

**ATHL 45L Course Outline as of Spring 2015****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	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable  
 Grading: Grade or P/NP  
 Repeatability: 34 - 4 Enrollments Total  
 Also Listed As:  
 Formerly: PE 96

**Catalog Description:**

Introduction to the structure and development of various volleyball strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts.

**Prerequisites/Corequisites:****Recommended Preparation:**

Concurrent enrollment in PHYED 96.3 or ATHL 45.

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to the structure and development of various volleyball strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Concurrent enrollment in PHYED 96.3 or ATHL 45.

Limits on Enrollment:

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:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive strategies and personnel through the use of film, scouting reports, and established offensive criteria.
3. Formulate a variety of offensive and defensive strategies based on the opponent's offense and defense.
4. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Introduction to basic offensive and defensive strategies
- II. Film and scouting report analysis
  - A. Personnel and team performance assessment
  - B. Opponent personnel and performance assessment
- III. Development of offensive and defensive strategies based on specific opponents
- IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Assignment:**

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

1. Writing strategy analyses
2. Creating and analyzing scouting reports
3. Film analysis
4. Note taking
5. Logs and critiques of volleyball schemes
6. Weekly quizzes

7. 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.

Strategy analyses, scouting reports, logs, and critiques

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.

Skill performances, performance exams

Skill Demonstrations  
20 - 30%

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

Quizzes: Multiple choice, true/false, short answer and oral

Exams  
20 - 30%

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

Participation and film analysis

Other Category  
30 - 50%

### Representative Textbooks and Materials:

Instructor prepared materials

Grover, S. (2013). Relentless. New York: Relentless Publishing.