

**ATHL 45L Course Outline as of Fall 2023****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 3          | 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: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 96

**Catalog Description:**

Students will be introduced to the structure and development of various volleyball strategies. Students will analyze scouting reports and film reviews, as well as the practical application of various physical training concepts relating to scouting volleyball opponents.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will be introduced to the structure and development of various volleyball strategies. Students will analyze scouting reports and film reviews, as well as the practical application of various physical training concepts relating to scouting volleyball opponents.

(Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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**

### **Student Learning Outcomes:**

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

1. Identify and assess offensive and defensive strategies of an opponent.
2. Formulate appropriate offensive and defensive strategies based on the assessment of the opponent's offensive and defensive schemes.

### **Objectives:**

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

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive and defensive 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. Demonstrate increased depth and breadth of related skills with new learning goals if they are repeating students.

### **Topics and Scope:**

- I. Introduction to Basic Offensive and Defensive Strategies and Systems
- 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 Goals.

### **Assignment:**

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. Technical skills and performance
8. Repeating students demonstrate an increased level of performance.
9. Class Participation

**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<br>10 - 30% |
|---|---------------------|

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

|      |                           |
|------|---------------------------|
| None | Problem solving<br>0 - 0% |
|------|---------------------------|

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

|                              |                                  |
|------------------------------|----------------------------------|
| Technical skills performance | Skill Demonstrations<br>20 - 30% |
|------------------------------|----------------------------------|

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

|         |                   |
|---------|-------------------|
| Quizzes | Exams<br>20 - 30% |
|---------|-------------------|

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

|                                 |                            |
|---------------------------------|----------------------------|
| Participation and film analysis | Other Category<br>30 - 50% |
|---------------------------------|----------------------------|

**Representative Textbooks and Materials:**

- Volleyball Fundamentals. 2nd ed. Dearing, Joel. Human Kinetics. 2019.  
 Relentless. T, Grover. New York: Relentless Publishing. 2013 (classic).  
 Instructor prepared materials