

ATHL 45 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: ATHL 45 Title: WOMEN'S VAR VOLLEYBALL

Full Title: Women's Varsity Volleyball

Last Reviewed: 1/13/2025

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:

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

IGETC: Transfer Area Effective: Inactive:

CSU Transfer: Transferable Effective: Fall 1981 Inactive:

UC Transfer: Transferable Effective: Fall 1981 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. 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, increasing their understanding and knowledge of the 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. Rotation
 2. 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 of related skills.

Assignment:

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

In-class Assignments:

1. Physical development and demonstration:
 - a. Training and conditioning
 - b. Practice and game performance
2. Written Assignments
 - b. Note taking and developing a playbook
 - a. Film analysis
 - c. Establishing team goals
3. Quizzes
4. Performance Exams

Out-of-Class Assignments:

1. Scouting reports execution
2. Playbook application
3. Intercollegiate competition

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, scouting report, playbook

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.

Physical development and demonstration, intercollegiate competition, performance exams

Skill Demonstrations
25 - 60%

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

Quizzes

Exams
10 - 25%

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

Participation, attendance

Other Category
25 - 60%

Representative Textbooks and Materials:

Instructor prepared materials

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