

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:
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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: