

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	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 93

Catalog Description:

Practice for and participation in intercollegiate competition. Development of individual skills, game strategies and systems, and team interaction will be emphasized.

Prerequisites/Corequisites:

Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for & participation in intercollegiate competition; emphasizing skills, game strategies and systems and team interaction. (Grade or P/NP)

Prerequisites/Corequisites: Health and Safety.

Recommended:

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:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The primary objective of this course is to provide the student with the knowledge and skills necessary to meet the physical and mental challenges which occur during intercollegiate competition.

At the completion of the course, students will be able to be proficient in the following:

1. Demonstrate advanced level skills required for intercollegiate competition.
2. Participate in a variety of drills designed to improve individual and team skills.
3. Participate in a strenuous conditioning program designed to prepare for the demands of competition.
4. Display proficiency in identifying various offensive and defensive systems and to adjust strategically and tactically during game situations.
5. Demonstrate the ability to record, interpret, and analyze volleyball strategies.
6. Demonstrate the ability to perform volleyball official functions (e.g. scorekeeper, line judging, and "down ref" responsibilities)
7. Participate in relaxation exercises and practice visualization.
8. Participate in a variety of correctly performed stretching exercises.
9. Participate in a variety of exercises performed in the weight room designed to increase muscular strength and endurance.
10. Acquire skills and knowledge necessary to develop proficiency in a specifically assigned position on court.

Topics and Scope:

I. 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 spike
 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
 1. 24 contest limit to include 2 or 3 tournaments, pre-season match play, and conference schedule.
 - B. Competition rules dictated by current NAGWS rules.

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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, PRACTICE & GAME PERFORMANCE

Skill Demonstrations
25 - 60%

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

ATTENDANCE, FILM ANALYSIS

Exams
10 - 25%

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

ATTENDANCE

Other Category
26 - 60%

Representative Textbooks and Materials: