

ATHL 0162 - INTERCOLLEGIATE VOLLEYBALL (W)

Catalog Description

Formerly known as PHED 122

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced volleyball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Intercollegiate women's volleyball competition conducted through the California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Perform advanced offensive and defensive moves.
- CSLO #2: Explain offensive and defensive strategies.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze aspects of a quality volleyball program as it relates to offensive strategies.
2. Evaluate defensive volleyball strategies.
3. Develop a scouting report and present it to the class.
4. Analyze the mental game of volleyball.
5. Demonstrate techniques used to attack different sets.
6. Implement attack calling strategies for college volleyball.
7. Apply defensive strategies to counteract an opponent's offensive tendencies.
8. Demonstrate a pre serving routine to use before each serve is completed in practice and matches.
9. Perform the proper footwork to attack from all positions in both serve receive and transition.
10. Demonstrate the blocking footwork from all positions.
11. Perform the defensive emergency moves to the floor.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Reports
 - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Students will be evaluated on their ability to perform the foot work to run a slide from transition. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 1)
2. Instructor will lead a discussion on pre-serve preparation. Students are expected to participate in the discussion. (Objective 4)
3. Followed by an instructor presentation on defense, the students will perform plays to defend back row attack. The instructor will evaluate the plays.(Objective 7)
4. The instructor will discuss how to block a slide attack. The students will demonstrate the techniques used to block a slide. (Objective 10)

Distance Learning

1. The instructor with lecture on the blocking footwork from all positions. The students will critique the footwork for their position. (objective 10)

Typical Out of Class Assignments Reading Assignments

1. Read and be prepared to discuss opponents' scouting reports given by Instructor/Coach.
2. Read an article on metal imagery and prepare a game day scenario.

Writing, Problem Solving or Performance

1. Identify three defensive strategies to defend a slide. Prepare a written report on the three strategies. 2. Create a chart for an opponents hitting tendencies.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Volleyball Rules and Regulations
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2019
 - Text Edition:
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.