

# ATHL 0116 - VOLLEYBALL TRAINING

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## Catalog Description

Formerly known as PHED 110

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

Hours: 58 laboratory per unit

Description: Stresses volleyball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate volleyball. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate improved strength and power.
- CSLO #2: Perform various volleyball skills.

## Effective Term

Summer 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Analyze aspects of a quality volleyball program as it relates to offensive strategies.
2. Evaluate defensive volleyball strategies.
3. Create a pre practice warm up.
4. Analyze the mental game of volleyball.
5. Demonstrate techniques used to attack different sets.
6. Implement attack calling strategies for the college volleyball game.
7. Apply defensive strategies to counteract opponents 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.
12. Improve physical strength, power, and flexibility
13. Perform jump float serve and standing float serve.

## 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 an opponents game film, students will develop a scouting report and present it to the team. 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 4 from transition. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Lecture by the instructor 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. (Objective 4)
3. Followed by an instructor presentation on defense, the students will perform plays to defend a slide attack. The instructor will evaluate the plays. (Objective 7)
4. The instructor will discuss how to block a quick attack. The students will demonstrate the techniques used to block a slide. (Objective 10)

Distance Learning

1. The instructor with lecture on how to apply defensive strategies to counteract opponents offensive tendencies. The students will create a game plan highlighting offensive tendencies for a Big 8 team. (objective 7)

## 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 two attack. Prepare a written report on the three strategies. 2. Perform a jump float with a minimum speed of 35 mph.

## **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.**