

Course Outline

COURSE: ATH 46 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2015 **CURRICULUM APPROVAL DATE:** 03/23/2015

SHORT TITLE: INTERCOLLEGIATE VOLLEYBALL

LONG TITLE: Intercollegiate Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 TO 3	18	Lecture:	0	0
		Lab:	7.5 TO 10	135 TO 180
		Other:	0	0
		Total:	7.5 TO 10	135 TO 180

COURSE DESCRIPTION:

This course provides practice and competition in intercollegiate volleyball for women. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate the offensive skills of serving, setting, and hitting.
 Measure: performance
 PLO: 4

ILO: 7, 2, 1

GE-LO:

Year assessed or anticipated year of assessment: F2014

2. The student will demonstrate the skills of blocking, passing, digging, and rolling on defense.

Measure: performance

PLO: 4

ILO: 7, 2, 1

GE-LO:

Year assessed or anticipated year of assessment: F2014

3. The student will recognize various offensive and defensive schemes and react accordingly.

Measure: performance, observation

PLO: 4

ILO: 2, 7, 4, 1

GE-LO:

Year assessed or anticipated year of assessment: F2014

4. The student will implement game strategies specific to an opponent.

Measure: observation, demonstration

PLO: 4

ILO: 7, 2

GE-LO:

Year assessed or anticipated year of assessment: F2014

5. The student will execute game and season goals.

Measure: performance, discussion

PLO: 4

ILO: 7, 2, 1, 6

GE-LO:

Year assessed or anticipated year of assessment: F2014

6. The student will demonstrate the skills required of their position.

Measure: performance, observation

PLO: 4

ILO: 7, 1, 2, 6

GE-LO:

Year assessed or anticipated year of assessment: F2014

PROGRAM LEARNING OUTCOMES:

Is this course part of a program (degree or certificate)? If yes, copy and paste the appropriate Program Learning Outcomes and number them. Enter the PLOs by number in the Student Learning Outcomes below.

1. List and describe five career options available in the field of kinesiology.

2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.

3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.

4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/23/2015

30 Hours

Discussion of course requirements/expectations of the class. Stretching and conditioning activities specific to volleyball will be presented. Conditioning drills designed for improving volleyball skills will be introduced. This may include such activities as: shuttling drills, agility footwork, passing drills, and run throughs. Students who repeat the class will be provided a leadership opportunity by the instructor. They will have their skills or proficiencies enhanced by supervised repetition and practice.

SPO: Students will demonstrate proper stretching and warm-up techniques. They will execute a variety of conditioning and skill drills.

42 Hours

Development of individual and team skills required for volleyball. This may include working on 3-person passing and hitting schemes. Continue work on conditioning drills and skills required to compete. Introduce/review the offensive and defensive schemes that will be used throughout the season. Implement offense (combination hits) and defenses (read and rotation). Discussion and practice of team defense responsibilities. Students who repeat this course will become more proficient in these skills through repetition of the drills. They will be able to explain the strategies involved in the sport as well as demonstrate improvement in their consistency.

SPO: Skill techniques specific to the individual's position will be demonstrated by the player. They will be able to demonstrate individual and combination offensive attacks and execute fundamentally sound defensive skills. They will be able to execute these strategies in scrimmage and game situations.

96 Hours

Formulate and execute a game plan specific to that week's opponent(s). Students who repeat the course will improve on consistency and increase their success rate.

SPO: Students will be able to execute each game plan.

NOTE: The daily class schedule will generally utilize the following format:

---warm up (stretching and conditioning)

---skill work (such as passing, setting, and run throughs with and without partners)

---individual work on skills/techniques broken down into small groups by position (examples being 3-person passing, hitting drills, and block and transition footwork)

---team drills (implementing/reviewing offensive and defensive situations, may include scrimmage)

NOTE: A week is typically broken into:

---Monday - conditioning, fundamentals work on passing and hitting and serving and receiving

---Tuesday - skill work on passing, hitting, and competitive situation drills

---Wednesday - intercollegiate competition

---Thursday - individual and team work on passing, blocking and transition, serving, and defense.

---Friday - intercollegiate competition

10 Hours

Individual meetings/evaluations of each player with the coach/instructor.

2 Hours

Final.

NOTE: Intercollegiate athletics at Gavilan College is conducted according to the regulations of the California Community College Athletic Association and under the supervision of the Coast Conference.

METHODS OF INSTRUCTION:

Demonstration, Video, Discussion, Small Group Activities

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

The types of objective examinations used in the course:

None

Other category:

Participation is required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 40% - 60%

Objective examinations: 0% - 0%

Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200670

CSU GE:

CSU E1, effective 200670

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200670

UC TRANSFER:

Transferable UC, effective 200670

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 46

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000550256

Sports/Physical Education Course: Y

Taxonomy of Program: 083550