

Course Outline

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

TERM EFFECTIVE: Fall 2021 **CURRICULUM APPROVAL DATE:** 12/14/2021

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 OR 3	18	Lecture:	0	0
		Lab:	7.5 OR 10	135 OR 180
		Other:	0	0
		Total:	7.5 OR 10	135 OR 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
- 046 - Laboratory - LEH 0.6
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 736 - Dist. Ed Internet LAB-LEH 0.6

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the skills and responsibilities required of their position.
2. Recognize and identify various offensive and defensive gameplay schemes and react accordingly during a match or practice.
3. Implement game strategies specific to an opponent or style of play, which will then help support the game and season goals.

COURSE OBJECTIVES:

1. Demonstrate and display an intermediate to advanced knowledge of indoor volleyball and basic gameplay strategies.
2. Demonstrate and understand the role, responsibilities, and awareness required of their position in many different situations that one might see in a match.
3. Demonstrate proper stretching and warm-up techniques. Execute a variety of conditioning and skill drills.
4. Demonstrate skill techniques specific to the individual's position. Demonstrate individual and some combination of offensive attacks and execute fundamentally sound defensive skills. Execute these strategies in scrimmage and game situations.
5. Execute each game plan for each specific opponent.
6. Evaluate your performance for the season and analyze areas for improvement.

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

Curriculum Approval Date: 12/14/2021

20 - 30 Hours

Content: 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, team or individual passing drills, and run-throughs. Students who repeat the class will be provided a leadership opportunity by the instructor to be a leader within the team and new students. They will have their skills or proficiencies enhanced by supervised repetition and practice.

32- 42 Hours

Content: Development of individual and team skills required for volleyball. This may include working on 3-person passing and hitting schemes. Continue to work on conditioning drills and skills required to compete in a full match. Introduce/review the offensive and defensive schemes that will be used throughout the season. Implement offense (combination hits) and defense (read and rotation). Discussion and practice of team defense responsibilities. Discussion about the difference between a 5-1 and 6-2 offensive system and read vs rotational defense. 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.

73 - 96 Hours

Content: 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. Students will see and observe similar situations and build off this experience.

8 - 10 Hours

Content: Individual meetings/evaluations of each player with the coach/instructor. These meetings will define current role and areas of focus for each individual player.

2 Hours

Final

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, fundamental 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

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 Review, Discussion, Small Group Activities

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Skill demonstrations: 40% - 60%

Class performance

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Other methods of evaluation: 40% - 60%

Weekly participation is required.

(discussions, video review, self-evaluation)

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200670

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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:

CSU Crosswalk Course Number:

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: CCC000562975

Sports/Physical Education Course: Y

Taxonomy of Program: 083550