

ATHL A245: VOLLEYBALL TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Perform proper volleyball techniques necessary to improve skills in preparation for effective intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Demonstrate skills necessary for intercollegiate athletic completion in volleyball.
- 2. Develop a personal commitment to athletic excellence.
- 3. Participate and compete effectively as a member of a team in the athletic experience.
- 4. Set personal goals for improvement.
- 5. Analyze personal performance on and off the volleyball court.
- 6. Demonstrate knowledge of the rules, offensive and defensive strategies, and techniques of volleyball.
- 7. Demonstrate appropriate sportsmanship and self-control in competition.

Lab Content

Designed to improve the volleyball athletes basic skills, mental skills, analyze weaknesses, improve on strengths, and practice more sophisticated strategies on the court. 1. Emphasize improvement in team volleyball 2. More efficiency and consistency in basic skills a. Passing b. Setting - how to set and attack quick sets and combinations c. Hitting i. Emphasis improvement on specialty shots ii. Emphasis consistency of shots d. Blocking e. Defensef. Serve receive formations and offensive strategies g. team defense strategies 3. Rules of the game a. Teach statistic recording and how to interpret results b. Rules and how to use them to the team s advantage 4. Player etiquette 5. Improvement of the mental skills for competitive volleyball 6. Leadership skills for team members and the team captain

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussion, video lectures/analyses, instructor feedback, practice sessions related to match play.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstration of volleyball skills, passing, setting, hitting, blocking, digging, written assignments on volleyball rules and etiquette, volleyball psychology.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, and demonstration of volleyball skills, written evaluation of practice and matches, goal cards.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of volleyball skills, passing, setting, hitting, blocking, digging, written assignments on volleyball rules and etiquette, volleyball psychology.

Other Resources

1. NAGWS Volleyball Guide Current edition (revised annually) 2. Volleyball Monthly Magazine. Current issue 3. Volleyball tapes of practices and games.

Lecture Content