



COURSE OUTLINE : ATHPE 143

D Credit – Degree Applicable

COURSE ID 003095

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 143
COURSE TITLE (FULL) : Women's Intercollegiate Volleyball
COURSE TITLE (SHORT) : WM-Intercollegiate Volleyball

CATALOG DESCRIPTION

ATHPE 143 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's volleyball. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

CATALOG NOTES

Note: This class is designed for the intercollegiate volleyball team. Note: May be taken 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

Total Course Units: 2.50

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 81.00

Total Out-of-Class Hours: 54.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Apply a variety of offensive and defensive skills appropriate for intercollegiate volleyball;	Yes
2				integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum polices into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				utilize verbal communication necessary for collegiate competition;	Yes
5				demonstrate how to apply workable solutions within a team environment.	Yes

EXIT STANDARDS

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of volleyball;
- 8 integrate conditioning and weight training into daily practices;
- 9 model and apply practical and general knowledge of rules and decorum policies;
- 10 integrate conditioning and weight training into daily practices;
- 11 recognize the role of nutrition in athletic performance;
- 12 demonstrate the ability to work with a team as a unit and develop team concepts.

STUDENT LEARNING OUTCOMES

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules • California Community College Athletic Association decorum • Training room policies for treatment	6	0	6
2	Safety for Volleyball • Ankle braces and preventative injury exercises • Shagging balls • Proper warm-up • Proper cool-down	4	0	4
3	Fundamental Conditioning for Volleyball • Agility • Coordination • Specific muscle group development • Muscular and cardiovascular endurance • Plyometric • Core training	0	10	10
4	Advanced Fundamental Skills in Volleyball • Overhand/forearm passing • Serve receive • Dig • Free ball • Jump Serve • Top spin • Floater • Blocking • Split • Stack • Spread • Attacking • Hard driven attack • Roll shot • Tip • Attacking areas	0	10	10



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5	Offense Strategies for Intercollegiate Volleyball Competition <ul style="list-style-type: none"> • Play development and calls • Two hitter attack • Three hitter attack • Back-row attacking and calls • 6-2 offense • 5-1 offense • Court areas and placement of attacking 	0	17	17
6	Defense Strategies for Intercollegiate Volleyball Competition <ul style="list-style-type: none"> • Home positions • See and read defense • Rotational defense • Transition from defense to offense • Defending at the net • Changing defenses 	0	17	17
7	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive team environment • Effective communication under stress 	9	0	9
8	Nutrition for the Competitive Athlete <ul style="list-style-type: none"> • Eating balanced meals • Carbohydrate and protein combinations • Packing smart snacks • Supplements: good or bad • Hydration 	7	0	7
9	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- 2 goal setting (e.g. written re-evaluation of goal performance every week);
- 3 game analysis (e.g. written summary and review of game film both team and individual).



METHODS OF EVALUATION

- 1 demonstration evaluations (e.g. serve receive passing);
- 2 video movement analysis;
- 3 weekly competition;
- 4 written play exams (e.g. diagram test for defense).

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Women's Volleyball Rules and Interpretations	Required	Indianapolis: National Collegiate Athletic Association, 2020 Digital file.			National Collegiate Athletic Association		2020