



COURSE OUTLINE : ATHPE 144
D Credit – Degree Applicable
COURSE ID 003093
Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 144
COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Volleyball
COURSE TITLE (SHORT) : Off Seas Trn Interc V-Ball

CATALOG DESCRIPTION

ATHPE 144 provides instruction and practice for intercollegiate volleyball focusing on fundamental techniques of competitive volleyball. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: This class is off-season training for students who are interested in competing on an intercollegiate volleyball team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform offensive and defensive skills appropriate for intercollegiate volleyball;	Yes
2				define National Collegiate Athletic Association (NCAA) volleyball rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				maintain positive individual behaviors to enhance team dynamics.	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 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 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 and regulations • CCCAA Decorum Policies	7	0	7



2	Safety for Volleyball <ul style="list-style-type: none"> • Ankle braces • Shagging balls • Proper warm-up 	7	0	7
3	Fundamental Conditioning Skills for Volleyball <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance • Plyometric 	0	17	17
4	Advanced Fundamental Skills in Volleyball <ul style="list-style-type: none"> • 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	18	18
5	Advanced Game Strategy <ul style="list-style-type: none"> • Selection of offensive and defensive system • Team lineup • 9 position serving areas • Setting selections • Offensive/defensive systems 	0	19	19
6	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive environment • Effective communication under stress 	6	0	6
7	Nutritional Aspects of Effective Training	6	0	6
8	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 practice evaluation (e.g. written evaluations regarding positive and negative performances);
- 2 goal setting (e.g. written re-evaluation of goal performance every other week);
- 3 practice analysis (e.g. summary and review of practice film).

METHODS OF EVALUATION

- 1 video movement analysis,
- 2 demonstration evaluations,
- 3 tournament play,
- 4 written exams.

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	ISBN	Date
Women's Volleyball Rules and Interpretations 2019-2020		Indianapolis: National Collegiate Athletic Association, 2020. Digital file			National Collegiate Athletic Association		2020