

ATHL 42: INTERCOLLEGIATE VOLLEYBALL I (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Student Learning Outcomes

- Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating an understanding of those strategies.
- Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition.

Description

Competitive intercollegiate volleyball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's volleyball team.

Course Objectives

The student will be able to:

- perform volleyball skills related to each athlete's specialization and team objectives.
- prepare to compete in a highly organized team sport at a maximum level of competition.
- apply and practice skills learned and show improvement.
- analyze effectively the opposing team's play and strategies.
- demonstrate through performance the development of physical fitness levels in strength, endurance, and health.
- identify the official rules and their interpretations to enhance performance.
- display proper sportsmanship both on and off the court.
- explain the elements and actions involved in an athletic philosophy.

Course Content

A. Advanced development of volleyball performance skills

- offensive skills
 - serve receive--forearm pass
 - overhead pass
 - sets
 - spiking
 - off speed shots; dink
- defensive skills
 - digging
 - single block
 - double block
 - court positioning
- Strategies
 - offensive
 - defensive
 - base defense positions
 - team and individual blocking
 - court coverage responsibility
 - "free ball" situation
- Physical fitness
 - muscle strength
 - muscle endurance
 - flexibility
 - body composition
- Rules and regulations
 - scoring
 - faults
 - net play
 - game/match
- Sportsmanship and etiquette
 - mutual respect
 - distracting an opponent
 - joy of competition
 - zeal of excellence
 - rivalry and camaraderie
- Individual and team philosophy
 - motivation
 - philosophy
 - pride
 - excellence
 - sacrifice
 - success
 - integrity
 - perseverance

Lab Content

- Drills for skill building
- Passing
- Digging
- Serving
- Hitting

Special Facilities and/or Equipment

Gymnasium and volleyball shoes.

Method(s) of Evaluation

- Subjective assessment of physical skills and performance by direct coach's observation
 - individual and team verbal critiques

2. video analysis
 3. student-athlete counseling: academic involvement, athletic department, eligibility
 4. individual improvement, performance, and contribution to the total team effort
- B. Objective assessment of performance
1. participation in athletic competitions and practices
 2. final evaluations

Method(s) of Instruction

Demonstration, drills and corrective feedback. Video analysis of practice film, classroom meetings, and visualization.

Representative Text(s) and Other Materials

NCAA Women's Volleyball Rules and Interpretations 2016 and 2017. Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at www.ncaa.org/championships/playing-rules

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional writing exercises related to the sport and based on recommended reading.

Discipline(s)

Coaching, Physical Education