

# ATHL 42: INTERCOLLEGIATE VOLLEYBALL I (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2023
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Advisory:</b>	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.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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

- 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

- d. Serving
- e. Hitting

## Special Facilities and/or Equipment

1. Gymnasium and volleyball shoes.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Subjective assessment of physical skills and performance by direct coach's observation

1. 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

Objective assessment of performance

1. Participation in athletic competitions and practices
2. Final evaluations

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

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 2020-2021](#). .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

## 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 or Physical Education