

ATHL 42C: FUNCTIONAL FITNESS FOR WOMEN'S VOLLEYBALL

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
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 identify weight management principles, basic physiology of exercise and the benefits of regular exercise that help in the improved performance of volleyball.
- Upon completion students should be able to perform exercises to achieve improved cardiovascular fitness, muscular strength, endurance, and flexibility that translate to their performance volleyball.

Description

This course will provide advanced training and instruction in the use of weights for the sport of volleyball.

Course Objectives

The student will be able to:

- Participate in a structured and comprehensive program of advanced weight training for the sport of volleyball.
- Develop and apply personal and performance goals.
- Employ correct lifting techniques in a variety of advanced resistance exercise techniques for the sport of volleyball.
- Demonstrate the differences between a variety of advanced resistance exercise techniques for performance in the sport of volleyball.

Course Content

- Establish performance goals which students are encouraged to work towards.
- Develop knowledge and understanding of various advanced strength training techniques.
 - Super sets
 - Periodizations
 - Negatives
 - Isometric and super slow training
 - Olympic style lifts
- Develop strength through participation in various advanced strength training techniques.
- Develop individualized performance goals which encourage specialization in the sport of volleyball.

- Explain physiological and anatomical relationships of weight training effects on the body consistent with the performance goals for the sport of volleyball.

Lab Content

Use of pin-set machines, free weights and functional fitness strengthening exercises, such as lifting, stretching, squatting, balancing (e.g., medicine balls, BOSU, and TRX).

Special Facilities and/or Equipment

- Free weights
- Squat racks
- Olympic lifting platforms

Method(s) of Evaluation

- Strength development will be assessed and measured by certain lifts, such as the bench press, squats, and military press.
- Demonstrating the correct form in the olympic lifts used for performance in the sport of volleyball.

Method(s) of Instruction

- Active participation by students and instructor to facilitate an effective learning environment
- Lecture and/or demonstration

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 reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education