

# ATHL 42F: INTERCOLLEGIATE VOLLEYBALL II (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2023
<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 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

- The student refine and perfect movement of intercollegiate level volleyball movement patterns, and will practice forearm passing, overhead passing and setting, and both underhand and overhand service. Also, the student will review basic volleyball rules the rules, and the concept of team play.
- Upon completion students should be able to demonstrate an understanding of the concepts of team play, good sportsmanship, self-discipline and decorum.

## Description

Competitive intercollegiate volleyball emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's volleyball team.

## Course Objectives

The student will be able to:

1. Perform volleyball skills related to each athlete's specialization and team objectives
2. Prepare to compete in a highly organized team sport at a maximum level of competition
3. Apply and practice skills learned and show improvement
4. Analyze effectively the opposing team's play and strategies

5. Demonstrate through performance the development of physical fitness levels in strength, endurance, and health
6. Identify the official rules and their interpretations to enhance performance
7. Display proper sportsmanship both on and off the court
8. Explain the elements and actions involved in an athletic philosophy

## Course Content

1. Advanced development of volleyball performance skills
  - a. Offensive skills
    - i. Serve receive - forearm pass
    - ii. Overhead pass
    - iii. Sets
    - iv. Spiking
    - v. Off speed shots; dink
  - b. Defensive skills
    - i. Digging
    - ii. Single block
    - iii. Double block
    - iv. Court positioning
2. Strategies
  - a. Offensive
  - b. Defensive
  - c. Base defense positions
  - d. Team and individual blocking
  - e. Court coverage responsibility
  - f. "Free ball" situation
3. Physical fitness
  - a. Muscle strength
  - b. Muscle endurance
  - c. Flexibility
  - d. Body composition
4. Rules and regulations
  - a. Scoring
  - b. Faults
  - c. Net play
  - d. Game/match
5. Sportsmanship and etiquette
  - a. Mutual respect
  - b. Distracting an opponent
  - c. Joy of competition
  - d. Zeal of excellence
  - e. Rivalry and camaraderie
6. Individual and team philosophy
  - a. Motivation
  - b. Philosophy
  - c. Pride
  - d. Excellence
  - e. Sacrifice
  - f. Success
  - g. Integrity
  - h. Perseverance

## Lab Content

1. Drills and skill building
2. Passing
3. Digging
4. Serving
5. 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:

The students will practice tactics and technical skills related to the sport of volleyball

The students will develop and strengthen fundamental skills through practice, video analysis of game and 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