

# ATHL G259: VOLLEYBALL TEAM - WOMEN

| Item                                                                   | Value                                      |
|------------------------------------------------------------------------|--------------------------------------------|
| Curriculum Committee Approval Date                                     | 05/05/2020                                 |
| Top Code                                                               | 083550 - Intercollegiate Athletics         |
| Units                                                                  | 3 Total Units                              |
| Hours                                                                  | 162 Total Hours (Lab Hours 162)            |
| Total Outside of Class Hours                                           | 0                                          |
| Course Credit Status                                                   | Credit: Degree Applicable (D)              |
| Material Fee                                                           | Yes                                        |
| Basic Skills                                                           | Not Basic Skills (N)                       |
| Repeatable                                                             | Yes; Repeat Limit 3                        |
| Grading Policy                                                         | Standard Letter (S),<br>• Pass/No Pass (B) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2)              |

## Course Description

Formerly: PE G278. This course is for students who have successfully auditioned for the GWC Intercollegiate volleyball team; eligibility auditions will be held during the first week of class. Students must be enrolled in twelve units during the semester in which they participate. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Develop skills necessary for intercollegiate athletics competition in volleyball.
3. Develop a personal commitment to athletic excellence.
4. Compete as a member of the volleyball team.
5. Apply the concept of accountability to both their teammates and themselves.
6. Exhibit traits of successful people including goal setting, dedication, and hard work.

## Course Objectives

- 1. Utilize proper technique necessary to compete in volleyball at the intercollegiate level.
- 2. Demonstrate commitment to excellence, fair play and personal responsibility through participation in intercollegiate athletic volleyball.
- 3. Perform, analyze, synthesize and execute game strategies that are developed over the course of the season.

## Lecture Content

## Lab Content

1. Orientation a. Team requirements and participation b. Academic expectations c. Sportsmanship d. Cooperation  
2. Goals a. Team goals b. Individual goals  
3. Evaluate the skills and abilities of each athlete  
4. Individual skills a. Offensive skills by position b. Defensive skills by position  
5. Selection of Team a. Physical ability b. Knowledge of volleyball c. Cooperative attitude  
6. Basic Performance Skills a. Setting b. Serve reception c. Serve d. Attack e. Block f. Roll and dive  
7. Physical Conditioning a. Aerobic conditioning b. Anaerobic conditioning  
8. Offensive and Defensive Strategies a. Competition b. Team Membership i. Self-discipline ii. Cooperation iii. Sportsmanship iv. Availability  
9. Rules of the game a. Proper decorum and athletes responsibilities b. On court behavior  
10. Strategies and theory  
11. Development a. Develop a personal commitment to athletic excellence. b. Develop the mental skills necessary to compete at the intercollegiate athletics level. c. Develop and improve skills related to the game of baseball d. Participate and compete successfully as a member of a team in the athletic experience.  
12. Conditioning  
13. Treatment and care of injuries

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Video analysis, modeling, skills demonstration and skills analysis, game scenario lessons.

## Reading Assignments

CCCAA Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport specific content.

## Writing Assignments

## Out-of-class Assignments

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Manuals Resources

1. CCCAA. The California Community College Athletic Association Constitution and Bylaws,, CCCAA , 09-04-2018

## Other Resources

1. Appropriate attire.