



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 110ABC
Descriptive Title: Women's Intercollegiate Volleyball Team

Course Disciplines: Physical Education
or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction and practice in the advanced techniques of women's volleyball. Students will compete against member schools of the South Coast Conference and other colleges.

Note: This course is offered in the fall semester only.

Conditions of Enrollment: Recommended Preparation

High school varsity experience or equivalent skill.

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: hours per week TBA
Hours Laboratory: 10.00 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Spring 1994

General Education:

El Camino College: _____

CSU GE: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. 6. Student will demonstrate a perfect pass 9 out of 10 times. 5. Student will

demonstrate a perfect pass 7 out of 10 times. 4. Student will demonstrate a perfect pass 5 out of 10 times. 3. Student will demonstrate a perfect pass 3 out of 10 times. 2. Student will demonstrate a perfect pass 1 out of 10 times. 1. Student was unable to demonstrate a perfect pass out of 10 tries

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate skills and understanding in defensive systems.
Performance exams
2. Demonstrate skills and understanding in offensive systems.
Performance exams
3. Evaluate strengths and weaknesses in the execution of technical skills related to volleyball, such as passing digging overhead digging, setting attacking, serving, jump serving, collapse dig, diving, blocking, and ball handling.
Class Performance
4. Analyze team tactics in both offensive and defensive situations and evaluate appropriate strategies to counter tactical strengths and weaknesses.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	5	I	Introduction to the volleyball season A. Team policies, guidelines, and sportsmanship B. Skill evaluation
Lab	12	II	Introduction to conditioning, training principles, and drill execution A. Jump training B. Quickness drills C. Footwork D. Sprint work E. Aerobic conditioning
Lab	12	III	Pre-season competition
Lab	12	IV	Basic techniques A. Passing B. Setting C. Hitting D. Blocking E. Serving F. Overhand digging G. Conditioning principals
Lab	12	V	Advanced techniques A. Jump serving B. Rolling

			C. Diving D. Quick sets E. Hitting quick sets F. Back row attack
Lab	12	VI	Specialized skill training A. Hitters B. Middle blockers C. Opposites D. Libero E. Setters F. Left backs G. Right backs H. Middle backs
Lab	10	VII	Offensive systems A. 5 - 1 B. 6 - 2
Lab	10	VIII	Defensive systems A. Basic read defense B. Man up defense C. Situational defense D. Defending the back row attack
Lab	45	IX	Conference competition
Lab	25	X	Advanced techniques and skill refinement A. Using the block B. Roll shots C. Cut shots D. Tipping areas E. Quick attack F. Multiple options G. Utilizing the back row attackers
Lab	25	XI	Advanced blocking systems A. Read blocking B. Commit blocking C. Stack blocking D. Swing blocking E. Blocking the back row attack
Total Lecture Hours		0	
Total Laboratory Hours		180	
Total Hours		180	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Evaluate videotape of a game and analyze your defensive positioning against a one-setter, five hitter offense. Specify what changes you or the team could have countered more effectively.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Examine the role of the libero during competition. When would it be beneficial to use this specialized position and what type of player would best fill this position?
2. Arrange the defensive areas for each position in a basic read defense.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance

Other (specify):

Intercollegiate competition, tournaments, and practice

V. INSTRUCTIONAL METHODS

Demonstration

Multimedia presentations

Other (please specify)

Skill demonstration of specialized volleyball technique

Video analysis of games and opponents

Video analysis of skills

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Skill practice

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Other (specify)

Compete in intercollegiate competitions including match play, tournament play, and playoffs.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

-. Women's Volleyball Rules and Interpretations. National Collegiate Athletic Association, 2009.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill.	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills
Students wishing to enroll in this athletic development class must demonstrate proficiency to perform the skills necessary for competitive performance as well as the health and safety of all participants.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Paul Viggiano on 09/05/1989.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by Le Valley Pattison on 10/07/2013