



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 80ABC  
**Descriptive Title:** Men'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 men's volleyball and the opportunity for intercollegiate competition. Students may compete with member schools of the Western States Conference and other colleges.

*Note: This course is offered in the spring 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:** 0 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. The student athlete will identify eligibility rules that govern the sport of volleyball by the CCCAA.
2. The student athlete will utilize appropriate sportsmanship in practices and competition.
3. Student will demonstrate improvement in cardiovascular fitness.

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. Understand the rules and guidelines for participating in community college volleyball.  
Class Performance
2. Demonstrate skills in defensive systems.  
Class Performance
3. Demonstrate skills in offensive systems.  
Class Performance
4. 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
5. 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	10	I	Introduction A. Team policies, school policies, National Collegiate Athletic Association (NCAA) policies B. Skill evaluation C. Rules
Lab	20	II	Conditioning A. Jump training B. Quickness drills C. Footwork D. Sprint work E. Aerobic conditioning
Lab	20	III	Basic Techniques A. Passing B. Setting C. Hitting D. Blocking E. Serving F. Overhand digging

Lab	20	IV	Advanced Techniques A. Jump serving B. Rolling C. Diving D. Hitting quick sets F. Back row attack
Lab	20	V	Specialized Training For Positional Players A. Hitters B. Middle Blockers C. Opposites D. Libero E. Setters F. Left backs G. Right backs H. Middle backs
Lab	25	VI	Offensive Systems A. One-setter offense (5-1) B. Two-setter offense (6-2)
Lab	25	VII	Defensive Systems A. Basic read defense B. Situational defense C. Defending the back row attack
Lab	20	VIII	Techniques and Skill Refinement A. Using the block to tool B. Hitting line C. Hitting angle D. Tip shots E. Cut shots F. Tipping areas G. Quick attack H. Multiple options I. Utilizing the back row attackers
Lab	20	IX	Advanced Blocking Systems A. Read blocking B. Commit blocking C. Stack blocking D. Swing blocking E. Blocking the back row attack
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		180	
<b>Total Hours</b>		180	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

During practice, demonstrate a variety of serving techniques i.e. jump, float and top spin serves and hit specific targets on the court with accuracy.

**C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. Demonstrate the bump pass to the setter.
2. Demonstrate how to adjust your position on the court to defend the opponents offensive attack.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Class Performance

**V. INSTRUCTIONAL METHODS**

Demonstration

Laboratory

Multimedia presentations

**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**

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

**Estimated Independent Study Hours per Week:**

**VII. TEXTS AND MATERIALS**

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- 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
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
Course Recommended Preparation	

**D. Recommended Skills**

Recommended Skills
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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.

**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 Richard Blount on 09/10/2015**