

# PE - 81abc - Off-Season Training for Men's Intercollegiate Volleyball Team

## COURSE OUTLINE OF RECORD

---

### VIII. General Course Information

**Subject:\***

PE

**Course Number:\*** 81abc

**Descriptive Title:\*** Off-Season Training for Men's Intercollegiate Volleyball Team

**Course Disciplines:\***

Coaching

Physical Education

**Division:**

Health Sciences and Athletics

**Department:\***

Athletics

**Catalog Description:\***

This course provides instruction and practice in the advanced techniques of men's volleyball. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

**Conditions of Enrollment:**

**Prerequisite:**

**Co-requisite:**

**Recommended Preparation:**

High school varsity experience or equivalent skill

**Enrollment**

Course Length:  Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:\* 0

Total Hours:\* 54

Course Units:\* 1

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU:  Yes  
 No

Effective Date: Prior to July 1992

Transfer UC:  Yes  
 No

Effective Date: Spring 1994

General Education  
ECC:

Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

## IX. Outcomes and Objectives

**A. Student Learning Outcomes SLOs** (The course student learning outcomes are listed below.)

**Student Learning Outcomes:**

**SLO #1 Passing**

The student will demonstrate accuracy in volleyball passing off the serve.

**SLO #2 Fitness**

Student will demonstrate improvement in cardiovascular fitness.

**SLO #3 Hitting Approach**

Student will demonstrate and explain the basic fundamentals of a hitting approach.

**B. Course Objectives** (The major learning objectives for this course are listed below.)

**Course Objectives:**

1. Analyze defensive and offensive systems including game strategy.
2. Demonstrate the proper techniques for passing, digging, overhand digging, setting, attacking, serving, jump serving, rolling, diving, blocking, and ball handling skills.
3. Practice a progressive physical conditioning program specific to the demands of volleyball.
4. Propose skill training methods specific to the demands of volleyball.
5. Analyze the responsibilities of each offensive and defensive position.

**X. Outline of Subject Matter**

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

**Example:**

- I. Main Topic (3 hours, lecture)
  - A. Sub topics
  - B. Sub topics
    1. Super sub topic
    2. Super sub topic

**Major Topics:**

**I. Introduction to the Off-Season Training Course (2 hours, lab)**

A. Skill testing for compatible group training

**II. Introduction to Conditioning and Training Principles (6 hours, lab)**

A. Jump training

B. Quickness drills

C. Footwork

D. Sprint training

E. Aerobic conditioning

**III. Basic Techniques (6 hours, lab)**

A. Passing

1. Bump

2. Hand

B. Setting

C. Hitting

1. Line

2. Angle

3. Tipping

D. Blocking

1. Line

2. Angle

3. Back row

E. Serving

1. Float

2. Top spin

3. Jump

F. Overhand digging

G. Conditioning principles

**IV. Advanced Techniques (6 hours, lab)**

A. Jump serving

B. Swing blocking

C. Diving

D. Quick sets, pipes and bics

**V. Specialized Skill Training (6 hours, lab)**

A. Hitters

B. Middle blockers

C. Opposites

D. Libero

E. Setters

F. Left backs

G. Right backs

H. Middle backs

**VI. Offensive Systems and Strategies (6 hours, lab)**

A. 5 – 1

B. 6 - 2

**VII. Defensive Systems and Strategies (6 hours, lab)**

A. Basic read defense

B. Man-up defense

C. Situational defense

**VIII. Advanced Attacking Techniques (12 hours, lab)**

viii. Advanced Attacking Techniques (12 hours, lab)

- A. Using the block
- B. Hitting line
- C. Hitting angle
- D. Cut shots
- E. Tip shots

IX. Tournaments (4 hours, lab)

- A. Doubles
- B. Beach
- C. Six person

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

**XI. Primary Method of Evaluation and Sample Assignments**

**A. Primary Method of Evaluation (choose one):**

Primary Method of Evaluation

**B. Typical Assignment Using Primary Method of Evaluation**

Typical Assignment Using Primary Method of Evaluation: Demonstrate to instructor the various jump serve options to exploit the defensive positions of your opponent.

**C. College-level Critical Thinking Assignments**

Critical Thinking Assignment 1: Design a conditioning program to improve the fast twitch muscles and vertical jump.

Critical Thinking Assignment 2: Compare the advanced skills necessary to execute the serve, pass, set hit and dig.

**D. Other Typical Assessment and Evaluation Methods**

Other Evaluation Methods:

If Other:

**XII. Instructional Methods**

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

**Instructional  
Methods:**

Demonstration

Multimedia presentations

Other (specify)

**If other:** Skill demonstrations of specialized volleyball technique  
Videotape of elite athletes  
Video analysis of each student

### **XIII. Work Outside of Class**

#### **Work Outside of Class**

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

### **XIV. Texts and Materials**

**A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**Up-To-Date  
Representative  
Textbooks:**

**B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**Alternative  
Textbooks:**

**C. Required Supplementary Readings**

**Required  
Supplementary  
Readings:**

**D. Other Required Materials**

**Other Required  
Materials:**

### **XV. Conditions of Enrollment**

**A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

**Requisite**

Requisite course:

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s).

**B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite:

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s). if applicable

**C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite course:

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s).

**D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite: High school varsity experience or equivalent skill

Requisite and  
Matching skill(s):  
Bold the requisite  
skill. List the  
corresponding course  
objective under each  
skill(s). if applicable

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.

An understanding of rules and regulations for intercollegiate volleyball.  
Demonstration of specific sport skills, game strategy, and adequate conditioning conducive for competitive volleyball.

**E. Enrollment Limitations**

**Enrollment  
Limitations and  
Category:**

**Enrollment  
Limitations Impact:**

**Course Created by:** Paul Viggiano

**Date:** 09/01/1989

**Board Approval Date:**

**Last Board Approval  
Date:**

**Last Reviewed and/or  
Revised by:** Richard Blount

**Date:** 09/12/2012

**Are these revisions  
minor or major?**  minor  
 major

**Acalog Course Type:**

**TOP Code:**

**CIP Code:**

**SAM Code:**

**SOC Code:**

**Transfer Status:**



-----

**Basic Skills:**

**UC Approval Date:**

**CSU Approval Date:**

**IGETC Approval Date:**

**CSU GE Approval  
Date:**