

Reviewed by: K. Bandy
Reviewed by: B. Ferguson
Date reviewed: February 24, 2019
C& GE Approved: April 4, 2019
Board Approved: May 8, 2019
State Approved: July 2, 2019
Semester effective: Spring 2020

Physical Education (PHED) 1509 Women's Intercollegiate Volleyball (2 Units; limit 4 Units) CSU:UC
[formerly Physical Education 9A]

Advisory: Experience in playing competitive volleyball is desirable

Hours and Unit Calculations:

Total Contact Hours: 160 lab hours. (160 Total Student Learning Hours) 2 Units

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

Type of Class/Course: Degree Credit

Text: Brown L., Ferrigno V. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

American Volleyball Coaches Association (AVCA). *The Volleyball Drill Book*. 2nd ed., Human Kinetics, 2012.

Additional Instructional Materials: Volleyball Equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. gain participation in a team sport,
2. participate competitively, and
3. further her athletic abilities in volleyball.

Course Scope and Content:

Unit I Training and Conditioning for Volleyball

- A. Agility
- B. Strength
- C. Jump Training
- D. Endurance

Unit II Basic Skills Performed in Volleyball

- A. Serving

- B. Passing
- C. Setting
- D. Attacking
- E. Blocking
- F. Digging

Unit III Rules and Strategies of Team Play

- A. Offensive Rules
- B. Defensive Rules
- C. Transitioning
- D. Sportsmanship and ethics
- E. Serve Receive
- F. Offensive Systems
- G. Hitter Coverage
- H. Defensive Systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice
2. Working on individual skills,
3. Keeping a notebook using class materials,
4. Studying multimedia presentations and
5. Reading of the textbook

Methods of Instruction:

1. Practice of basic skills and techniques,
2. Basic training programs,
3. Practice games, and
4. Intercollegiate competition
5. Oral instruction and
6. Multimedia presentations

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. performance exam
 - b. Intercollegiate games
2. Written assignments

Supplemental Data:

TOP Code:	083550: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational

Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching