



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 111ABC
Descriptive Title: Off-Season Training for Women's Intercollegiate Volleyball

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. Emphasis is placed on advanced skill training. Offensive and defensive systems, game strategy, and specific conditioning for volleyball are incorporated.
Note: This course is offered in the spring semester and summer 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: 3.00 hours per week TBA
Course Units: 1.00

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: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 2009 Other: _____

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. Passing Accuracy

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 defensive and offensive systems.

Class Performance

2. Demonstrate the proper techniques for passing, digging, overhand digging, setting, attacking, serving, jump serving, rolling, diving, blocking, and ball handling skills.

Class Performance

3. Practice a progressive physical condition program specific to the demands of volleyball.

Class Performance

4. Implement training methods specific to volleyball.

Class Performance

5. Implement the responsibilities of two offensive and defensive positions.

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	3	I	Introduction to the off-season training course A. Skill testing for compatible group training
Lab	10	II	Introduction to conditioning and training principles A. Jump training B. Quickness drills C. Footwork D. Sprint training E. Aerobic conditioning
Lab	6	III	Basic techniques A. Passing B. Setting C. Hitting D. Blocking E. Serving F. Overhand digging

			G. Conditioning principles
Lab	6	IV	Advanced techniques A. Jump serving B. Rolling C. Diving D. Quick sets E. Hitting quick sets
Lab	8	V	Specialized skill training A. Hitters B. Middle blockers C. Opposites D. Libero E. Setters F. Left backs G. Right backs H. Middle backs
Lab	3	VI	Offensive system A. 5 - 1 B. 6 - 2
Lab	3	VII	Defensive systems A. Basic read defense B. Man-up defense C. Situational defense
Lab	2	VIII	Introduce doubles, three player, four player, and one on one games
Lab	3	IX	Advanced attacking techniques A. Using the block B. Roll shots C. Cut shots D. Tipping areas
Lab	10	X	Tournaments A. Doubles B. Four person C. Six person
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Plan and demonstrate to instructor, an off-season jump training program that will help improve the jump serve, hitting and blocking at the net.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Design a one-page written conditioning program to improve the vertical jump.
2. Demonstrate the advanced skills necessary to execute a jump serve, short serve, or deep corner serve.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Oral exams

Written homework

Class Performance

V. INSTRUCTIONAL METHODS

Demonstration

Multimedia presentations

Other (please specify)

Skill demonstrations of specialized volleyball technique

Videotape of elite athletes

Video analysis of each student

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

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

Prerequisites	Category and Justification
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B. Prerequisite Skills

Prerequisite 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 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 09/01/1989.

BOARD APPROVAL DATE: 02/12/1990

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by Le Valley Pattison on 09/19/2012