

Course Outline of Record

1. Course Code: VSO-074A
2.
  - a. Long Course Title: Volleyball, Spring
  - b. Short Course Title: VOLLEYBALL
3.
  - a. Catalog Course Description:  
 This is a spring semester off season volleyball conditioning course providing beginning, intermediate, and advanced instruction for students interested in improving skill development, physical strength, muscular endurance, anaerobic endurance, and increased muscular elasticity while reducing connective tissue injuries. Students are required to participate in strenuous physical activity and testing.
  - b. Class Schedule Course Description:  
 Intended for off season conditioning and skill development for intercollegiate volleyball student-athletes during the spring semester.
  - c. Semester Cycle (if applicable): Spring
  - d. Name of Approved Program(s):
4. Total Units: 2.00      Total Semester Hrs: 117.00  
 Lecture Units: 0      Semester Lecture Hrs: 0  
 Lab Units: 2      Semester Lab Hrs: 117.00  
 Class Size Maximum: 40      Allow Audit: No  
 Repeatability Repeatable 3 Times  
 Justification Title 5 § 55041. (a) (3) Intercollegiate athletics, as defined in section 55000.
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)*  
 Limitation on Enrollment: Successful tryout.
6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)* N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. History
2. Rules
3. Strategy
4. Decorum
5. Safety

Lab: *(if the "Lab Hours" is greater than zero this is required)*

- a. Basic Elements i. The Court ii. Court Directions iii. The Net iv. The Ball v. The Team and Substitutes vi. Player Position & Rotation Order vii. The Game viii. The Flow of the Game ix. Phases and Skills of the Game x. Protocol xi. The Most Common Fouls xii. Roles of the Officials b. Team Composition i. Player Specialization ii. Categories of Players iii. Alignments & Arrangements iv. Ranking Players v. Considerations for Court Alignment vi. Alignment of Players vii. The 4-2 Team Composition viii. The 6-2 Team Composition ix. The 5-1 Team Composition c. The Serve i. Types of Serves ii. Serving Techniques iii. The Ultimate Serve iv. Preparation for Serving v. Time Element vi. Serving Tactics d. Serve Reception and Passing i. The Pass ii. Team Serve Reception e. The Set i. Basic Setting Technique ii. Setting for the Setter f. The Attack i. Individual Attack ii. Summary of Spiking Techniques iii. Varying the Spike iv. Team Attack--Formations v. Organizing the Attack vi. Spiker Coverage g. The Block i. Basic Concepts of Blocking ii. Individual Blocker's Technique iii. Double Block iv. Triple Block v. Blocking Strategy vi. Blocking Adjustments h. Floor Defense i. Basic Concepts of Defense ii.

Perimeter/See-and-Respond Defense iii. Individual Defensive Skills iv. Team Formations v. Man-Up Defense vi. Man-Down Defense

9. Course Student Learning Outcomes:

1.

Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Recognize and demonstrate correct mechanical techniques for the performance of volleyball skills.
- b. Understand and apply properly the rules and offensive and defensive strategies of the game.
- c. Demonstrate an understanding of safety and injury prevention.
- d. Demonstrate character, sportsmanship and an appreciation for the game.
- e. Demonstrate a higher level of physical fitness and sport-specific strength and conditioning.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion
- c. Lecture

Other Methods:

Guest speakers. Student reports. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 117.00

Outside Class Hours: 0

a. In-class Assignments

a. Viewing of VCR or TV analysis of volleyball activities. b. Skill practice by the individual student.

b. Out-of-class Assignments

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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Field/physical activity observations
- Group activity participation/observation
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

- a. Fitness assessments b. Skill demonstration c. Attendance and participation.

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

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18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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19. Provide Reasons for the Substantial Modifications or New Course:

Student athletes need to be prepared to meet the demands of the sport. Off season conditioning courses have been shown to improve the overall conditioning and readiness of student athletes and help in the prevention of injury.

20. a. Cross-Listed Course (Enter Course Code): *N/A*  
 b. Replacement Course (Enter original Course Code): *N/A*

21. Grading Method (choose one): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000551148
- b. T.O.P. Code [CB03]: 83550.00 - Intercollegiate Athletics
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (if program-applicable): *N/A*

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 40  
 Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

*N/A*

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

*N/A*

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

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28. Originator Courtney Doussett Origination Date 09/03/13