

Lassen Community College Course Outline

PEAC-9B Pre-Season Skills and Conditioning for Volleyball

0.5 Units

I. Catalog Description

Pre-season skill development and strategy tactics combined with fitness conditioning to prepare interested participants for intercollegiate varsity volleyball competition. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year. This course has been approved for hybrid delivery.

Transfer to UC/CSU

General Education: Area E2

25.5 Hours Lab

Scheduled: Summer only

II. Coding Information

Repeatability: Maximum of three enrollments.

*Additional enrollments will utilize same outcomes, objectives, content, instruction and evaluation, but a higher expectation for performance and achievement will be expected with each subsequent enrollment.

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Comprehend, analyze and execute fundamental volleyball skills and strategies.
2. Apply the appropriate skills and strategies to a variety of volleyball game situations.
3. Demonstrate increased muscular strength, muscular endurance, and cardiovascular endurance specific to the sport of volleyball.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate physical conditioning appropriate to volleyball.
2. Demonstrate individual volleyball skills.
3. Demonstrate knowledge of offensive and defensive team play.
4. Demonstrate knowledge of strategic volleyball situations.
5. Demonstrate and apply the rules of volleyball in typical situations.
6. Demonstrate in simple situations the application of correct strategy and technique.

IV. Course Content

A. Development of Fitness and Conditioning

1. Warm-ups
2. Stretching/Flexibility
3. Running Speed and Endurance
4. Agility Exercises
5. Game Conditioning
6. Isolating Key Muscle Groups

7. Handling Injuries
 8. Exercises for muscular strength in volleyball
 9. Exercises for muscular endurance in volleyball
 10. Exercises for cardiovascular fitness in volleyball
- B. Individual sport-specific skills**
1. Offensive skills
 2. Defensive skills
 3. Team communication
- C. Rules of the Game**
1. Offensive Terms and Rules
 2. Defensive Terms and Rules
 3. Positional Responsibilities
- D. Strategies**
1. Offensive Strategies
 2. Defensive Strategies
 3. Special Skills and Situations
- E. Game Play**
- Intrasquad scrimmages and simulated situations

V. Assignments

A. Appropriate Readings

May include textbooks, manuals, periodicals, software, and other resources.

The following technology and internet websites are used for communication and instruction between the students and instructor:

Text messages

Slack.com

Hudl.com

FieldLevel.com

Instructor prepared handouts.

B. Writing Assignments

Students may write self-evaluations and team evaluations,-

Types of Assignments may include, but are not limited to, the following:

Textbook Reading-

Skills Demonstration-

Problem Solving Exercise-

Essay Writing-

Group Projects-

Other-Maintain a comprehensive notebook of class materials and information. Group skills practice. The use of text messages and the websites Slack.com, Hudl.com, and FieldLevel.com.

C. Expected Outside Assignments

As assigned; Audio/Visual Aids-

Computer Tutorials/Aids-

Distance Education-

Field Trips-
Group Exercises-
Individualized Programs-
Lab-
Lecture-
Volunteering
Other (Specify)-

Performance log book, comprehensive notebook of class materials. Communication and instruction may be done through the following mediums: text video messages, Slack.com, Hudl.com, FieldLevel.com, and Zoom.

D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze game-like situations and demonstrate the appropriate skills and strategies necessary for preparation for intercollegiate volleyball competition. This can be completed on the district's approved learning management system such as Canvas.
2. The student will analyze those behaviors which demonstrate leadership, team play and sportsmanship and will apply their knowledge during competitive events. Students can complete this by helping out a high school team or Club Volleyball team and Camps.

VI. Methods of Evaluation

Traditional Classroom Evaluation

Example #1: To demonstrate volleyball skills, the instructor will observe and evaluate student performance in drills and simulated situations reflecting most aspects of volleyball. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of simulated and situations.

Example #2: To demonstrate analysis and response to basic game situations, the instructor will observe and evaluate each student's decision-making ability in simulated drills and situations. Student competency is demonstrated through the ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations.

Example #3: To demonstrate improvement of fitness-related conditioning, students will complete selected fitness or conditioning assessments at the beginning and end of the course.

Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous will be evaluated for participation and to maintain effective communication between instructor and students.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

Tradition Classroom Delivery

1. Instructor will demonstrate methods of physical conditioning appropriate to volleyball. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriateness and importance of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then execute drills accompanying feedback to provide repetition as students gain mastery of the skill.
3. For strategy skills, the instructor will use or assign viewing of; diagrams, video tapes or walk-throughs to introduce a strategy and then conduct group drills to simulate and practice the skill strategy. Utilizing scrimmage situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout drill, simulation, scrimmage, and game situations.
4. For rules of the game, the instructor will rely on the official rules of the sport in textbook form and reinforce through demonstration of situations appropriate to the application of each rule, design and conduct drills to reinforce the rules, and provide feedback to students during drills, scrimmage and game situations.

Hybrid Delivery

A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

Activity class,-but suggested on an as needed basis;

OER; Volleyball Basics

<https://oer.galileo.usg.edu/health-textbooks/7/> (updated 2019)

May also include manuals, periodicals, software, and other resources.

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Hudl.com

FieldLevel.com

Instructor prepared handouts.

IX. Discipline/s Assignment

Coaching, Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 05/21/2013

Board Approval Date: 06/11/2013

Chancellors' Approval Date: 04/26/2016

Revised By:-Toni Poulsen and Alison Somerville

Curriculum/Academic Standards Committee Revision Date: 04/06/2021

Revised for IPR, no change: 03/15/2022