

# ICA M11A: INTERCOLLEGIATE VOLLEYBALL - MEN

**Originator**

aaron\_hedland1

**Co-Contributor(s)****Name(s)**

Black, Adam (ablack)

**College**

Moorpark College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M11A

**Course Title (CB02)**

Intercollegiate Volleyball - Men

**Banner/Short Title**

Intercoll Volleyball - Men

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

KIN M108A - Intercollegiate Volleyball-Men

PE M63A - Volleyball - Men

**Formerly**

KIN M108A and PE M63A

**Catalog Course Description**

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

**Additional Catalog Notes**

Involves competition against other institutions, and travel.

Student must be capable of competing at the intercollegiate level. Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

**Taxonomy of Programs (TOP) Code (CB03)**

0835.50 - Intercollegiate Athletics

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will be required

**Faculty notes on field trips; include possible destinations or other pertinent information**

Various colleges across California for intercollegiate volleyball competitions.

**Grading method**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

Yes

**Number of times a student may enroll in this course**

4

**Maximum units a student may earn in this course**

16

**Specify the Title 5 justification for repeatability**

Intercollegiate athletics

**Justification for Repeatability**

Repeatability is dependent upon CCCAA (California Community College Athletic Association) eligibility.

**Is this course part of a family?**

No

**Units and Hours****Carnegie Unit Override**

No

**In-Class****Lecture****Minimum Contact/In-Class Lecture Hours**

17.5

**Maximum Contact/In-Class Lecture Hours**

17.5

**Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

157.5

**Maximum Contact/In-Class Laboratory Hours**

157.5

**Total in-Class****Total in-Class****Total Minimum Contact/In-Class Hours**

175

**Total Maximum Contact/In-Class Hours**

175

**Outside-of-Class****Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

35.00

**Maximum Outside-of-Class Hours**

35.00

**Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

210.0

**Total Maximum Student Learning Hours**

210.0

**Minimum Units (CB07)**

4

**Maximum Units (CB06)**

4

**Student Learning Outcomes (CSLOs)**

**Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | demonstrate proper technique in all skills associated with volleyball.     |
| 2 | organize a scouting report of upcoming opponents strengths and weaknesses. |

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and adhere to the CCCAA (California Community College Athletic Association) and collegiate rules for the sport. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level.  |
| 3 | develop and analyze offensive and defensive tactics and strategies and respond accordingly.  |
| 4 | apply and develop principles for social interaction, teamwork and leadership.  |
| 5 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork.   |
| 6 | identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education.   |

**Course Content****Lecture/Course Content**

1. **(25%) Volleyball individual fundamental skills**
  - a. Offensive techniques
  - b. Defensive techniques
  - c. Special situation skills
2. **(25%) Conditioning**
  - a. Pre-season
  - b. Early season
  - c. Conference season
  - d. Post conference season
3. **(25%) Attitude and behaviors**
  - a. High quality character traits
  - b. Sportsmanship
  - c. Fair play
  - d. Teamwork/Social interaction
  - e. Leadership
  - f. Health habits
  - g. Injury prevention
4. **(25%) Volleyball team tactics and strategies**
  - a. Offensive
  - b. Defensive
  - c. Special situations

**Laboratory or Activity Content**

1. **(25%) Individual fundamental skills**
  - a. Offensive techniques
  - b. Defensive techniques
  - c. Special situation skills
2. **(25%) Conditioning**
  - a. Pre-season
  - b. Early season
  - c. Conference season
  - d. Post conference season
3. **(25%) Attitudes and behaviors**
  - a. High quality character traits
  - b. Sportsmanship
  - c. Fair play

- d. Teamwork/Social interaction
- e. Leadership
- f. Health habits
- 4. (25%) **Team tactics and strategies**
  - a. Offensive
  - b. Defensive
  - c. Special situations

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises  
Skills demonstrations

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Classroom Discussion  
Laboratory activities  
Oral analysis/critiques  
Performances  
Participation  
Skills demonstrations  
Skill tests or practical examinations

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Audio-visual presentations  
Clinical demonstrations  
Class activities  
Class discussions  
Distance Education  
Field trips  
Group discussions  
Laboratory activities  
Lecture

**Describe specific examples of the methods the instructor will use:**

The instructor will demonstrate how to develop skills and conditioning for intercollegiate competition in Men's Volleyball through presentations, lectures, and visual demonstrations. Assignments will include various conditioning and training exercises in cooperation with individual and team activities utilized in an effort to illustrate the expectations and requirements of a student-athlete at the intercollegiate level.

## Representative Course Assignments

### Writing Assignments

- Setting individual and team goals for the CCCAA Men's Volleyball season.
- Individual and team evaluations during the CCCAA Men's Volleyball season.
- Assessment of team attitudes.
- Appreciation of team diversity.
- Personality trait assessment surveys.

### Critical Thinking Assignments

- Analysis of opponent strengths and weaknesses.
- Application of team strategies and tactics during the CCCAA Men's Volleyball season.
- Application of individual strategies and tactics for the CCCAA Men's Volleyball season.

### Reading Assignments

- Read articles or books on the history of volleyball in the Olympics.
- Read articles or books assigned by the instructor emphasizing leadership in sport.

**Skills Demonstrations**

- Application and development of individual fundamental skills for Men's Volleyball.
- Application and development of team fundamental skills and tactics for Men's Volleyball.

**Outside Assignments****Representative Outside Assignments**

- Game film analysis of CCCAA Men's Volleyball.
- Attitude assessments for team and individuals.
- Individual and team performance evaluations.
- Individual and team goal development for CCCAA Men's Volleyball season.

**Articulation****Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
Calif. State Univ., Northridge	ATHL 226	Varsity Volleyball Men	2
Cal Poly Pomona	ATH 1921	Intercollegiate Volleyball	2
CSU Stanislaus	KINS 2570	Intercollegiate Athletics - Volleyball	2

**Equivalent Courses at other CCCs**

College	Course ID	Course Title	Units
El Camino College	PE 80ABC	Men's Intercollegiate Volleyball Team	3
Allan Hancock College	PEIA 125	Intercollegiate Volleyball	3

**District General Education****A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

**F. Ethnic Studies/Gender Studies****Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

S2002

**CSU GE-Breadth****Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****E Lifelong Learning and Self-Development**

Approved

**Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****UC TCA****UC TCA**

Approved

**IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

**Description**Williams, Pat and David Wimbish. *How to Be like Coach Wooden: Life Lessons from Basketball's Greatest Leader*. Health Communications, Inc., 2006.**Resource Type**

Textbook

**Description**Wooden, John, and Jay Carty. *Coach Wooden's Pyramid of Success: Building Blocks for a Better Life*. Regal, 2005.**Resource Type**

Other Resource Type

**Description**

Instructor generated handouts..

Resource Type

Textbook

Description

Willink, Timothy. *Growth Mindset: 7 Secrets to Destroy Your Fixed Mindset and Tap Into Your Psychology of Success with Self Discipline, Emotional Intelligence and Self Confidence*. Leadership Academy, 2019.

Library Resources

Assignments requiring library resources

Research using the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using EBSCOhost, research the relevance of sportsmanship in a modern sports environment.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)  
Hybrid (1%–50% online)  
100% online is a temporary emergency approval ONLY

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Discussion board and Canvas assignments.
Other DE (e.g., recorded lectures)	Recorded lectures.
Video Conferencing	ConferZoom class lectures, individual/team/group meetings, and office hours.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.



Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
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Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

**100% online Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Discussion board.
Other DE (e.g., recorded lectures)	Recorded lectures and Canvas assignments.
Video Conferencing	ConferZoom class lectures, individual/team/group meetings, and office hours.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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**Examinations****Hybrid (1%–50% online) Modality**

Online  
On campus

**Hybrid (51%–99% online) Modality**

Online  
On campus

**Primary Minimum Qualification**

COACHING

**Review and Approval Dates****Department Chair**

10/06/2020

**Dean**

10/15/2020

**Technical Review**

10/30/2020

**Curriculum Committee**

11/3/2020

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

MM/DD/YYYY

**Board**

MM/DD/YYYY

**CCCCO**

11/19/2020

**Control Number**

CCC000524566

**DOE/accreditation approval date**

MM/DD/YYYY