

# ICA M11B: INTERCOLLEGIATE VOLLEYBALL-MEN OFF/SEASON

**Originator**

vmanakas

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

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**College**

Moorpark College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M11B

**Course Title (CB02)**

Intercollegiate Volleyball-Men Off/Season

**Banner/Short Title**

Inter/Volleyball-Men Off Seaso

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

KIN M108B and PE M63B

**Catalog Course Description**

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

**Additional Catalog Notes**

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 not be required

**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**

4

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

52.5

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

52.5

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

52.5

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

52.5

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

52.5

**Total Maximum Student Learning Hours**

52.5

**Minimum Units (CB07)**

1

**Maximum Units (CB06)**

1

**Student Learning Outcomes (CSLOs)****Upon satisfactory completion of the course, students will be able to:**

- |   |   |
|---|---|
| 1 | demonstrate proper technique in all skills associated with intercollegiate volleyball.  |
| 2 | demonstrate improvement in skills identified as inefficient at the end of the intercollegiate competitive season and at the beginning of the off-season |
| 3 | improve muscular strength and cardiovascular endurance.   |

**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

N/A

### Laboratory or Activity Content

1. (20%) Individual fundamental Volleyball skills
  - a. Offensive techniques
  - b. Defensive techniques
  - c. Special situation skills
2. (20%) Conditioning
  - a. Pre-season
  - b. Off season
3. (20%) Attitudes and behaviors
  - a. High quality character traits
  - b. Sportsmanship
  - c. Fair play
  - d. Teamwork/Social interaction
  - e. Leadership
4. (20%) Health habits
  - a. Injury prevention
5. (20%) Team tactics and strategies for Volleyball
  - 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  
 Written expression

**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  
 Journals  
 Oral analysis/critiques  
 Participation  
 Portfolios  
 Skills demonstrations  
 Skill tests or practical examinations

## Instructional Methodology

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

Class activities  
 Class discussions  
 Distance Education  
 Demonstrations  
 Field trips  
 Group discussions  
 Guest speakers  
 Instructor-guided interpretation and analysis  
 Instructor-guided use of technology

**Small group activities****Describe specific examples of the methods the instructor will use:**

1. Use video analysis to provide feedback of movement patterns specific to intercollegiate volleyball to the student.
2. Demonstrate proper volleyball skill execution.

**Representative Course Assignments****Writing Assignments**

1. Identify individualized goals specific to skill improvement in intercollegiate volleyball.
2. Complete Kouzes and Posner's Leadership Practice Inventory (LPI) to identify leadership strengths and weaknesses.
3. Provide peer evaluations to coaches.

**Critical Thinking Assignments**

1. Analyze each individual's skill strengths and weaknesses at the beginning of the intercollegiate off-season.
2. Explain specific strategies and tactics pertinent to intercollegiate competition.
3. Apply specific strategies and tactics in a practice setting.

**Reading Assignments**

1. Read articles or books on sport psychology as it pertains to competing in volleyball.
2. Read articles or books assigned by the instructor emphasizing leadership in sport.
3. Read articles or books assigned by the instructor emphasizing resilience in sport.

**Skills Demonstrations**

1. Demonstrate correct spiking technique.
2. Demonstrate correct defensive skills.

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

1. Evaluate techniques of professional volleyball players.
2. Watch individual video and provide an oral assessment of individual volleyball skill techniques.
3. Take an attitude and personality assessment.
4. Develop individual and team goals.

**Articulation****Equivalent Courses at other CCCs**

College	Course ID	Course Title	Units
El Camino College	PE 81ABC	Off-Season Training for Men's Intercollegiate Volleyball Team	1
Citrus College	KINC 131	Off Season Conditioning for Varsity Volleyball	1

**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:**

F1995

### 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.

**Library Resources****Assignments requiring library resources**

Research various articles, periodicals, and books using the Library's online databases.

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Using EBSCOhost, find and summarize an article on sport psychology as it pertains to competing in volleyball.

**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)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Lab/activity will be face to face with practical (identification) quizzes and exams. Lab/activity time will offer student-student interaction and time to ask question of the instructor.

Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material
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.
Video Conferencing	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 live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

**Hybrid (51%–99% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
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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)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.



E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
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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

11/2/2020

### Dean

11/3/2020

### Technical Review

11/5/2020

### Curriculum Committee

11/17/2020

### DTRW-I

MM/DD/YYYY

### Curriculum Committee

MM/DD/YYYY

### Board

MM/DD/YYYY

**CCCCO**

11/20/2020

**Control Number**

CCC000524567

**DOE/accreditation approval date**

MM/DD/YYYY