

ICA M29A: INTERCOLLEGIATE VOLLEYBALL - WOMEN

Originator

ablack

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

Manakas, Vance (vmanakas)

College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M29A

Course Title (CB02)

Intercollegiate Volleyball - Women

Banner/Short Title

Intercoll. Volleyball - Women

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M137A and PE M78

Catalog Course Description

Develops participants skills and playing intensity in volleyball to the highest level.

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

Maximum Outside-of-Class Hours

35

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

210

Total Maximum Student Learning Hours

210

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. |

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****(20%) Volleyball individual fundamental skills**

1. Offensive techniques
2. Defensive techniques
3. Special situation skills

(20%) Conditioning

1. Pre-season
2. Early season
3. Conference season
4. Post conference season

(20%) Attitude and behaviors

1. High quality character traits
2. Sportsmanship
3. Fair play
4. Teamwork/Social interaction
5. Leadership

(20%) Health habits

1. Injury prevention
2. Nutrition

(20%) Volleyball team tactics and strategies

1. Offensive
2. Defensive
3. Special situations

Laboratory or Activity Content**(20%) Volleyball individual fundamental skills**

1. Offensive techniques
2. Defensive techniques
3. Special situation skills

(20%) Conditioning

1. Pre-season
2. Early season
3. Conference season
4. Post conference season

(20%) Attitude and behaviors

1. High quality character traits
2. Sportsmanship
3. Fair play
4. Teamwork/Social interaction
5. Leadership

(20%) Health habits

1. Injury prevention
2. Nutrition

(20%) Volleyball team tactics and strategies

1. Offensive
2. Defensive
3. 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

Audio-visual presentations
 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 help students improve technique.
2. Assess skill proficiency.

Representative Course Assignments**Writing Assignments**

1. Setting individual and team volleyball goals.
2. Provide a written evaluation of the volleyball season.
3. Provide peer evaluations to coaches.

Critical Thinking Assignments

1. Analysis of opponent's strengths and weaknesses.
2. Explain specific volleyball offensive and transitional strategies and tactics.
3. Application of specific volleyball strategies and tactics.

Reading Assignments

1. Read articles or books on the history of volleyball.
2. Read articles or books assigned by the instructor emphasizing sport psychology.

Skills Demonstrations

1. Demonstrate correct spiking technique.
2. Demonstrate correct serving technique.

Outside Assignments**Representative Outside Assignments**

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

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
Cal Poly Pomona	ATH 1921	Intercollegiate Volleyball	2
Calif. State Univ., Northridge	ATHL 227	Varsity Volleyball - Women	2

Comparable Courses within the VCCCD

ICA R150 - Inter/Volleyball-Women

ICA V22 - Intercollegiate Volleyball: Women

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cabrillo College	ATH 15G	Intercollegiate Athletics - Volleyball: Women	3
Cerritos College	VARs 340	Varsity Women's 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****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 performance.

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)	Labs will be face to face with practical (identification) quizzes and exams. Lab 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

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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**

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

10/07/2020

Dean

10/21/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000524573

DOE/accreditation approval date

MM/DD/YYYY