

ICA M29B: INTERCOLLEGIATE VOLLEYBALL-WOMEN/OFF SEASON

Originator

vmanakas

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

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College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M29B

Course Title (CB02)

Intercollegiate Volleyball-Women/Off Season

Banner/Short Title

Inter/Volleyball-Women Off Sea

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M137B and PE M30D

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

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
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.

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. (25%) Individual fundamental skills of Volleyball
 - a. Offensive techniques
 - b. Defensive techniques
 - c. Special situation skills
2. (25%) Conditioning
 - a. Off season
 - b. Pre-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
 - g. Injury prevention
4. (25%) Team tactics and strategies of 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

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. Provide verbal feedback to promote skill proficiency.

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. Analysis of 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. Application of 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 4 year institutions

University	Course ID	Course Title	Units
CSU Long Beach	ATHL 269	WOMEN'S VOLLEYBALL	1

Comparable Courses within the VCCCD

ICA V22 - Intercollegiate Volleyball: Women

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
El Camino College	PE 111ABC	Off-Season Training for Women's Intercollegiate Volleyball Team	1
Cerritos College	ATH 213LABC	Volleyball, Women Off-Season Intercollegiate	1
Chabot College	ATHL PRVB	Pre-Season Training for Women's Intercollegiate Volleyball	0.5-2

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 articles using the library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research articles about social justice issues in sport.

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
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.
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.

Hybrid (51%–99% online) Modality:

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Telephone	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.

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.
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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

11/19/2020

Curriculum Committee

12/1/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

MM/DD/YYYY

Control Number

CCC000528276

DOE/accreditation approval date

MM/DD/YYYY