

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Serinna Eason

Date: 04/09/2020

Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	142A	Pre-Season Athletics: Volleyball (Women)

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken 4 time(s) for credit (max 4)

- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
-
- ☒
- Intercollegiate athletics course
-
- ☐
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is designed for pre-season volleyball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve volleyball skills and fitness through further instruction and practice.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course is designed for pre-season volleyball conditioning for intercollegiate athletes. Students who repeat this course will improve skills and fitness through further instruction.

Need for the course:

This course is necessary for students to prepare in the pre-season for upcoming competition in volleyball intercollegiate athletics. Through this course students develop a plan to meet their own health and wellness goals through directed study of conditioning techniques, activities to improve health and fitness and simulation of volleyball specific strategies. This course is an elective in the PE degree.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

- Demonstrate athletic fundamentals necessary for competition.
- Exhibit rules, strategies, and techniques for athletic competition in volleyball.
- Adjust the principles of strategies to fit game situations.

4. Train cooperatively with teammates and display strong communication skills in practice and competition.

5. Identify and perform activities for improved flexibility and agility.

6. Perform basic cardiovascular and resistance techniques to improve aerobic and anaerobic fitness.

7. Relate footwork patterns to specific athletic techniques required for volleyball.

8. Produce athletic movements and techniques that are necessary to successfully compete in intercollegiate athletics in volleyball.

9. Combine increased conditioning levels with volleyball specific knowledge, techniques, and strategy necessary to compete at an intercollegiate level.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab class only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Conditioning and Weight training Development for Volleyball

1. Weight Training

1. Machines

2. Olympic

3. Plyometric

2. Aerobic

3. Speed training

a. Linear

b. Change of direction

c. Explosive power
2. Pre and Post Assessment of volleyball skill levels
3. Pre and Post conditioning assessment and evaluation
- a. 300 yard shuttle

b. Body composition testing

c. Weight lifting maximums

d. Vertical jump

e. Pro Agility

f. 40 yard dash

g. Mile test

h. multi-rep maximums
4. Volleyball drills and strategies.

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Directed Study

Integration: Individual and/or group development of volleyball including: rules, strategies, conditioning, and techniques.

• **Method:** Activity

Integration: Individual application of health and fitness content and awareness

• **Method:** Role Playing/Simulation

Integration: Group application of volleyball strategies

• **Method:** Observation and Demonstration

Integration: Group demonstration and application of communication techniques necessary for practice and competition in volleyball

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Performance
Integration: Daily assessment of player development and/or team use of volleyball tactics and strategies.
- **Method:** Final Performance
Integration: Final performance on weight lifting maximums, speed, and mile endurance run.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- 1. Pre-Season Portfolio:**

Directions:
For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio *must* contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your pre-season training development related to volleyball. Your portfolio *should* contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.
- 1. Pre-Season Video Analysis:**

Directions:
For this assignment, you will be required to watch and analyze video of yourself and assess your technique and work within the sport specific scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress through the pre-season training for volleyball. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their sport specific schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

Textbooks:

- Thomas R. Baechle & Roger W. Earle (2019). *Weight Training Steps to Success 5th Edition* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)