

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	142B	Off-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:

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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)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- 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 intended for off-season volleyball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate volleyball competition. Students who repeat this course will improve 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 off-season volleyball conditioning for intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed to train our intercollegiate athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop volleyball skills. 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:

1. Demonstrate athletic fundamentals necessary for volleyball competition.
2. Practice strategies, techniques, and rules for volleyball competition.
3. Apply principles of strategies in game situations.
4. Develop teamwork abilities and display strong communication skills in practice and competition regarding team rules.

5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.

6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.

7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.

8. Combine increased conditioning levels with improved volleyball techniques and strategies to optimize performance.

Course Content:

(please number the outline of main topics and subtopics)

This is a lab only course.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction

a. Rules and regulations

1. Volleyball

b. CCCAA eligibility

c. Team Rules

d. Communication

e. Coaching philosophy

f. Safety
2. Strategy Development
- a. critique specific game situations

b. critique specific player technique

c. development of new game strategies
- Assessment of skill levels for Volleyball
1. Skills

2. Techniques

3. Conditioning

4. Strength

5. Speed
3. Conditioning
- Drills
1. Volleyball drills and strategies
- Weight training
1. Circuit training

2. Free weight training

c. Cardiovascular training

d. Speed training
- Sport specific competitive play
- Advanced conditioning
- i. Agility training

ii. Fast Twitch muscle training
- a) Stabilization and balancing exercises
- Volleyball plyometric

	i. Jump training
	ii. Foot pattern exercises
Agility training	
4. Post conditioning assessment and evaluation	
5. Injury rehabilitation	

Methods of Instruction:

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

● Method: Activity Integration: Individual and/or group activities that develop volleyball skills. ● Method: Discussion Integration: Discussion and review of rules, regulations, CCCAA eligibility, team rules, and safety regulations regarding volleyball. ● Method: Observation and Demonstration Integration: Group observation, demonstration and application of communication techniques necessary for training, practice, and competition. ● Method: Individualized Instruction Integration: Individual and/or group instruction of advanced conditioning techniques for volleyball. ● Method: Critique Integration: Critique video of training, practices, and competitions for player development.
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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: Quizzes Integration: Objective quizzes assessing student knowledge of training methods, techniques, volleyball terminology and strategies. ● Method: Class Participation Integration: Class participation for daily assessment and tracking of student training and skill development and/or team use of tactics and strategies. ● Method: Class Work Integration: Class work will include self assessment of progress and development of training and conditioning techniques as evidenced in the portfolio assignment. ● Method: Simulation Integration: Simulations will be used to demonstrate athletic fundamentals necessary for training, practice, and competition. Students must simulate the necessary fundamental techniques needed to become functional in strength, speed, cardiovascular, flexibility, and core training.

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. Off-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 off-season training development. 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.

2. Off-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 volleyball scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress through the off-season training. 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 volleyball 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)