

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 130 Intercollegiate Volleyball (Men/Women)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Apply offensive and defensive skills and strategies in a competitive game situation.
2. Apply knowledge and understanding of the rules of the game.
3. Anticipate and respond to transition plays in game situation.
4. Apply the principles of team work, communication and mental and physical toughness as it applies to volleyball.
5. Apply principles of good sportsmanship, leadership and making a commitment to a program.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. A. Serving; floater, topspin and jump serve.
 B. Serve receive; 6-2 and 5-1 formations, individual technique.
 C. Setting; directing the offense, play-sets backrow, outside sets.
 D. Attack; power spikes, off-speed, tips, wipe-offs, backrow.
- II. Defensive Skills
 A. Blocking; middle, outside, stack, slide, soft, three, two, one man.
 B. Digging; controlled, cushioned, overhead, side.
 C. Emergency techniques; sprawl, diving, rolling.
 D. Hitter coverage; underhand, overhand.
- III. Team Skills
 A. Team defense; center back, center up, rotate.
 B. Team offense; 5-1, 6-2, swing hitter.

- C. Hitter coverage
 - D. Transition plays; down-ball, free-ball.
 - E. Communication skills; setter leadership, hitter audibles, blocker communications.
 - F. Team building; accepting different personalities, dealing with pressure, dealing with success, dealing with lack of success.
- IV. Rules and regulations of community college volleyball.
- V. Breaking down individual skill techniques.
- A. Video breakdown and observation.
 - B. Mental imagery techniques of learning.
 - C. Direct observation techniques.
 - D. Feedback systems.

REQUIRED READING:

Neville, William. Coaching Volleyball Successfully. Champaign, Illinois: Leisure Press, 1990.

SUGGESTED READING:

Volleyball (Magazine). Avcom Publishing, Ltd., Woodland Hills, CA. Shewman, Buron.
Volleyball Centennial - The First 100 Years. Indianapolis, Indiana: Masters Press, 1995.

REQUIRED WRITING:

Skill demonstration of serving, passing, setting, hitting and blocking more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

1. Student will be required to attend collegiate volleyball games.
2. Work with trainer if necessary, for prevention and rehabilitation of injuries.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 70% - Participation in practice
- 20% - Participation in games
- 10% - Goal achievement

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Hugh Gerhardt, extension 2725
Karl Seiler, extension 2467

SIGNATURES:

SIGNATURES ON FILE