



KINE 297 - Women's Volleyball Team Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616750

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 297

Course Title Women's Volleyball Team

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 175.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 0.00

Total Contact Hours 175

Total Student Hours 175

Open Entry/Open Exit No

Maximum Enrollment 15

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 3 times

Catalog Description This is a course designed for the competitive volleyball player who will represent Napa Valley College in intercollegiate matches. Repeatable three times for credit.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Demonstrate the skills and utilize strategies required to participate in intercollegiate volleyball.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate good sportsmanship, team and individual responsibility
- B. Understand and employ mechanics of passing, setting, spiking, blocking
- C. Understand and evaluate various offensive and defensive and transitional strategies
- D. Understand rules and regulations governing eligibility and competition
- E. Demonstrate ability to critically analyze individual and team performance
- F. Plan strength and conditioning training program for season and pre-season
- G.

3. Course Content

- A. Conditioning principles
- B. Injury prevention
- C. Offensive/defensive/transitional strategies
 - a. hitting mechanics and drills
 - b. spiking mechanics and drills
 - c. setting mechanic and drills
 - d. blocking mechanics and drills
- D. Rules and regulations
- E. Sportsmanship, team and individual responsibility
- F. A student is allowed to repeat the course provided that the student, in consultation with the coach, identify and select skills to be improved upon. The student will be introduced to the skill development required for advanced skills. Additionally, the athlete will be expected to reach a higher level of conditioning and performance. Advanced athletes will be expected to develop greater leadership skills and team responsibilities.

4. Methods of Instruction:

Lab: Demonstration of offensive and defensive skills needed for intercollegiate volleyball play. Students will be required to analyze team and individual play. Students will analyze game film.

Lecture: Offensive and defensive strategies Game analyses Proper training for season and off season

Other: Activity: Students will participate in and compete at the volleyball practice and game..

Group Drills: Students will do drills to enhance their tactical understanding of volleyball.

Individual Technique Drills: Students will do drills to enhance their personal volleyball skills.

Team Work: Students will prepare in a team setting to compete with other college teams.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Class Work -- Demonstration of offensive and defensive skills needed for intercollegiate volleyball play. Students will be required to analyze team and individual play. Students will analyze game film.

Additional assessment information:

Class Work: completion of training program

Class Performance: evaluation of individual and team performance

Class Performance: participation in practice and competitive events

Class Work: competitive attitude

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students will be required to read handouts prepared by the coach. handouts will include strategy papers, training requirements.

Students will read the Napa Valley Student handbook.

B. Writing Assignments

Students will be required to write summaries of film analysis.

Students will be required to write game and individual practice and game analysis.

C. Other Assignments

-Students will be required to participate in conference and nonconference competition.

Competition may take place on the weekends.

Students will conduct post game video analysis.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: NCAA

Title: Volleyball: 2012 and 2013 Rules and Interpretations

Publisher: NCAA

Date of Publication: 2016

Edition:

B. Other required materials/supplies.

- The primary resource material for students are handouts prepared by the coach
- Videos: Volleyball, 1st Edition Human Kinetics
- Developing Slide Attack, 1996
- Option Blocking, 1996
- Game Coaching, Blocking and Defensive Adjustment, 1993