

# College of San Mateo Course Outline

- New Course  
 Update/No change  
 Course Revision (Minor)  
 Course Revision (Major)

Date: 4/19/2010

Department: VARS Number: 340

Course Title: Varsity Women's Volleyball Units: 2.0

Total Semester Hours Lecture: Lab: Homework: By Arrangement:

Length of Course

- Semester-long  
 Short course (Number of weeks \_\_\_)  
 Open entry/Open exit

Grading

- Letter  
 Pass/No Pass  
 Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):

10x16/16x.75=7.5 FLC

1. Prerequisite (Attach Enrollment Limitation Validation Form.)
2. Corequisite (Attach Enrollment Limitation Validation Form.)
3. Recommended Preparation (Attach Enrollment Validation Form.)
4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)  
Intercollegiate women's varsity volleyball competition in the Coast Conference and participation in regional tournaments. May be repeated three times for competency however for eligibility purposes, students may only compete intercollegiately for two years. (AA: Area E4, CSU, UC)
5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)  
Intercollegiate women's varsity volleyball competition in the Coast Conference and participation in regional tournaments. May be repeated three times for competency however for eligibility purposes, students may only compete intercollegiately for two years. (AA: Area E4, CSU, UC)
6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)  
  
Upon successful completion of the course, the student will be able to:
7. Course Objectives (Identify specific teaching objectives detailing course content and activities. For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.)

Break down individual and team strategies through examination and competitive game situations.

- Develop a working knowledge of proper playing rules for the particular sport through written examination. Student will display adherence to rules and etiquette through demonstration during competitive game situations.

- Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.

- Demonstrate an understanding of specific sport training and conditioning programs.

- Participate in a competitive team environment interacting with teammates and opponents from diverse backgrounds.

- Demonstrate ability to work with others to achieve a common goal.

- Develop an understanding of ethical issues and the consequences of choices and actions.

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)

Same as Student Learning Outcomes

1. Volleyball policies and regulations
2. Orientation, care of equipment
3. Safety rules and regulations
4. Fundamentals of:
  - a. Bumping, setting, spiking
  - b. Hitting, faults, and corrections, plus mental aspects
  - c. Tactical team rotations and movement
  - d. Various formations
  - e. Team work
  - f. Defensive positions
  - g. Offensive positions
  - h. Strategical adjustments
  - i. Fitness and conditioning to include aerobic, anaerobic and, plyometrics

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.**)

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)  
Instructor generated hand-outs pertaining to strategy, fitness, team decorum, individual and team goals; instructional videos pertaining to intercollegiate volleyball skill development.

Applied skills

Exam based on knowledge of rules, team strategy

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Current NCAA Women's Volleyball handbook, CCCAA Constitution

Prepared by: \_\_\_\_\_  
(Signature)

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