

College of San Mateo
Official Course Outline

1. **COURSE ID:** VARS 340 **TITLE:** Varsity Volleyball: Women
Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Intercollegiate women's varsity volleyball competition in the Coast Conference and participation in regional and State Championship tournaments. (May be taken four times for a maximum of 12 units. However for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate an understanding of individual and team strategies through examination and competitive game situations.
2. Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.
3. Demonstrate an understanding of specific sport training and conditioning programs.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. 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.
2. Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.
3. Understand specific sport training and conditioning programs.
4. Participate in a competitive team environment interacting with teammates and opponents from diverse backgrounds.
5. Work with others to achieve a common goal.
6. Understand ethical issues and the consequences of choices and actions.

6. **COURSE CONTENT:**

Lab Content:

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Volleyball
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to Include:
 - Offense:
 - Court awareness (positioning)
 - Passing
 - Setting
 - Attacking
 - Rotation
 - Defense
 - Court awareness (positioning)
 - Blocking
 - Rotation
 - Retrieving

- Team Tactical Development to Include both Offensive and Defensive Strategies
 - Mental Imagery Techniques and Strategies
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. Strategic adjustments
 - I. Fitness and conditioning to include aerobic, anaerobic and, plyometrics

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Field Experience
- G. Guest Speakers
- H. Individualized Instruction
- I. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Students may be expected to observe, analyze and critique, in written form, game film of both opponents' strategies and team strategies.
- Individual and team goal setting

Reading Assignments:

Students may be expected to read, understand and apply team rules, NCAA rule book, CCCAA Constitution, team strategy.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Lab Activities
- G. Papers
- H. Portfolios
- I. Projects
- J. Simulation
- K. Written examination
- L. Applied skills

10. REPRESENTATIVE TEXT(S):

Other:

- A. Current NCAA Women's Volleyball handbook, Current CCCAA Constitution, Current CCCVCA Championship Handbook.

Origination Date: October 2021
Curriculum Committee Approval Date: December 2021
Effective Term: Fall 2022
Course Originator: Katie Goldhahn