I. **OVERVIEW**

The following information will appear in the 2010 - 2011 catalog

**PEVW 140 Women’s Varsity Volleyball**

*Instruction, training, and competition in intercollegiate volleyball.*

Four Maximum completions.

Field trips are not required.

Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

II. **LEARNING CONTEXT**

*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

   a. Skills and development

      i. Ball handling skills/digging

      ii. Serve

         a. float

         b. top-spin

         c. jump

      iii. Passing

      iv. Sets

      v. Blocks

         a. Solo

         b. 2 person

         c. 3 person

   vi. Spikes

   vii. Tipping

   viii. Service receive
b. Offensive/Defensive team tactics
   i. Offensive systems
      a. 6-2
      b. 5-1
   c. Conditioning
   d. Mental Preparation
      i. visualization
      ii. rehearsal
   e. Intercollegiate rules and regulations
   f. Intercollegiate competition

B. HOURS AND UNITS

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<tr>
<th>INST METHOD</th>
<th>TERM HOURS</th>
<th>UNITS</th>
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<tbody>
<tr>
<td>Lect</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Lab</td>
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<td>3.33</td>
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<td>Disc</td>
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C. METHODS OF INSTRUCTION (TYPICAL)
Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills
2. Participation within class by the student in single skill repetition drills
3. Group interaction within class among students/teacher in multiple skills drill activity
4. Team game simulation activities
5. Each student will participate in film analysis sessions to improve skill sets in game situations
6. Student will demonstrate skill sets in varsity game competition

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   a. Lab only- no outside class hours required.

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Adapt to the changing game dynamics.
i. During time-outs and between sets, recognize strengths and weaknesses in our team and opponents and make according adjustments.

b. Identify and interpret rules as demonstrated through competitive play.

E. TEXTS AND OTHER READINGS (TYPICAL)

1. Other: No text required.

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:

   select proper skills, identify and interpret rules and identify offensive and defensive variations necessary to compete effectively at the intercollegiate level.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. Required Learning Goals
   Upon satisfactory completion of this course, the student will be able to:

2. Lab Learning Goals
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   a. Effectively participate in varsity team competition
   b. Demonstrate an understanding of rules of collegiate volleyball
   c. Perform offensive and defensive volleyball skills at an advanced level

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Pre-test
2. Prepared demonstration of skills
3. Participation in intercollegiate matches

B. SUMMATIVE ASSESSMENT

1. Prepared demonstration of skills
2. Pre-test/post-test result for comparison of performance
3. Assessment of skill competency
4. Participation in intercollegiate matches