

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 230 – Intercollegiate Volleyball

10 hours laboratory, 3 units

Catalog Description

Intercollegiate competition in the sport of volleyball. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Analysis, development and application of individual and team skills, offensive and defensive techniques, strategies and rules through instruction and practice
- 2) Development of physical fitness and the necessary conditioning for competitive volleyball
- 3) Preparation and participation in competition at the conference, regional and state levels
- 4) Participate in home and away contests that continually challenge the student-athletes to successfully apply all that they learn and practice in class
- 5) Active participation in Student-Athlete Academic Support Program as established by the Athletics Department

Course Objectives

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in volleyball in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Objective performance evaluations that measure the student's ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the volleyball season.
- 2) Competitive team building activities that measure the student's ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate games.
- 3) Written and/or oral exams that measure the student's ability to describe the physical and mental aspects of intercollegiate volleyball competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

- 1) Athletic insurance fee
- 2) Volleyball shoes, knee pads
- 3) Practice attire

Minimum Instructional Facilities

Indoor volleyball courts with USVBA approved nets, volleyballs

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual, group practice
- 3) Videotape, film
- 4) Intercollegiate match/tournament play
- 5) Supplemental physical conditioning activity
- 6) Self-analysis of videotaped performances

Out-of-Class Assignments

- 1) **Reading:** assigned articles on injury prevention, nutrition, hydration, and mental preparation for competition; other multimedia.
- 2) **Writing:** N/A
- 3) **Other:** review plays and strategies for competition; analyze competitive volleyball (as seen live and in available media).

Texts and References

- 1) Required (representative example): USA Volleyball. (2023). 2023-2025 USA Volleyball Indoor Rules Book. USA Volleyball
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) Explain the terms, strategies, rules, and standards related to volleyball at the intercollegiate level.
- 2) Demonstrate the skills, fitness level, and injury prevention strategies necessary for playing volleyball at the intercollegiate level.