

Las Positas College  
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## Course Outline for KIN 40C

### OFF SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN 40C — OFF SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL — 1.00 - 2.00 units

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of women's volleyball.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN 40B - In Season Intercollegiate Women's Volleyball  
 with a minimum grade of C

#### **Grading Methods:**

Letter Grade

#### **Discipline:**

- Coaching

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

##### A. KIN40B

1. Demonstrate all the proper skills and techniques related to the different positions of volleyball.
2. Understand and put into practice all rules and strategies involved in the game of volleyball.
3. Understand and execute different offensive and defensive philosophies.
4. Demonstrate improvement in physical conditioning.

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Demonstrate improvement in physical strength, endurance, agility and speed.
- B. Independently analyze the values of various workouts.
- C. Formulate and assess solutions to attaining physical abilities which enable them to compete in intercollegiate volleyball.

#### V. CONTENT:

- A. Flexibility Exercises
  1. Active range of motion exercises
  2. Passive range of motion exercises
- B. Weight Training (Sport Specific)
- C. Aerobic Activities
- D. Anaerobic Activities
- E. Conditioning Drills
- F. Individually Programmed
  1. Stationary Bicycles
  2. Treadmills
  3. Swimming

#### VI. METHODS OF INSTRUCTION:

- A. **Lab** - This course will require various skill sets students will learn through active participation. Demonstrations, visualization and instructor feedback will be used throughout the semester to ensure student comprehension. Small group discussions, peer review and mini-lectures that are skill specific.

#### VII. TYPICAL ASSIGNMENTS:

- A. You will present and demonstrate proper offensive and defensive schemes in a classroom, practice and game setting.
  1. You will describe each scenario as well as provide examples to the class.

B. You will create a workout utilizing the FIIT principle.

1. A pre-test and a series of follow up tests will be conducted in which you will modify your workout throughout the semester.
2. You will create a daily workout log which will be submitted a week before the course ends.

## VIII. EVALUATION:

### A. **Methods**

1. Class Participation
2. Lab Activities
3. Class Performance
4. Other:
  - a. Students will be evaluated through active participation, demonstration of proper techniques as well as comprehension of basic terminology.
  - b. Skills analysis on the following advanced skills:
    1. 1. Bump
    2. 2. Set
    3. 3. Spike
    4. 4. Jump Serve

### B. **Frequency**

1. Class participation will be assessed daily
2. Class performance will be assessed on a weekly basis
3. Lab work will be assessed twice during the semester

## IX. TYPICAL TEXTS:

1. Reynoud, Cecile. *The Volleyball Coaching Bible*. Volume II ed., Human Kinetics, 2015.
2. Schmidt, Becky. *Volleyball: Steps to Success*. I ed., Human Kinetics, 2015.
3. Forman, John, and Mark Lebedew. *Volleyball Coaching Wizards*. 1 ed., CreateSpace Independent Publishing Platform- Amazon Company, 2016.

## X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Volleyball sneakers