

Glendale College

Course Outline of Record Report

Course ID 0003093
Revision - November 2025

ATHPE144 : Off-Season Training For Intercollegiate Volleyball

General Information

| | |
|---|--|
| Author: | • Erin Calderone |
| Course Code (CB01) : | ATHPE144 |
| Course Title (CB02) : | Off-Season Training For Intercollegiate Volleyball |
| Department: | ATHPE |
| Proposal Start: | Fall 2026 |
| TOP Code (CB03) : | (0835.50) Intercollegiate Athletics |
| CIP Code: | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General. |
| SAM Code (CB09) : | E - Non-Occupational |
| Distance Education Approved: | No |
| Will this course be taught asynchronously?: | No |
| Course Control Number (CB00) : | CCC000567872 |
| Curriculum Committee Approval Date: | 11/12/2025 |
| Board of Trustees Approval Date: | 12/09/2025 |
| Last Cyclical Review Date: | 08/01/2020 |
| Course Description and Course Note: | ATHPE 144 provides instruction and practice for intercollegiate volleyball focusing on fundamental techniques of competitive volleyball. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: This class is off-season training for students who are interested in competing on an intercollegiate women's and men's track and field team. Note: May be taken 4 times for credit. |
| Justification: | Content Change |
| Academic Career: | • Credit |
| Mode of Delivery: | No value |
| Author: | No value |
| Course Family: | No value |

Academic Senate Discipline

| | |
|-----------------------|------------|
| Primary Discipline: | • Coaching |
| Alternate Discipline: | No value |
| Alternate Discipline: | No value |

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

| CSU GE-Breadth Area | Area | Status | Approval Date | Comparable Course |
|--|--|----------|---------------|-------------------------------|
| E-Lifelong Learning and Self-Development | Lifelong Learning and Self-Development | Approved | 09/02/2008 | No Comparable Course defined. |

| GCC General Education Requirements | Area | Status | Approval Date | Comparable Course |
|------------------------------------|-------------------|---------|---------------|-------------------------------|
| Area 8: Lifelong Learning | Lifelong Learning | Pending | No value | No Comparable Course defined. |

Units and Hours

Summary

| | |
|--|-----------|
| Minimum Credit Units (CB07) | 2 |
| Maximum Credit Units (CB06) | 4 |
| Total Course In-Class (Contact) Hours | 90 - 180 |
| Total Course Out-of-Class Hours | 18 - 36 |
| Total Student Learning Hours | 108 - 216 |

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

| | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours | 0.5 - 1 | 1 - 2 |
| Laboratory Hours | 4.5 - 9 | 0 |
| Studio Hours | 0 | 0 |

Course Student Hours

| | |
|--|----------|
| Course Duration (Weeks) | 18 |
| Hours per unit divisor | 54 |
| Course In-Class (Contact) Hours | |
| Lecture | 9 - 18 |
| Laboratory | 81 - 162 |
| Studio | 0 |
| Total | 90 - 180 |
| Course Out-of-Class Hours | |
| Lecture | 18 - 36 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 18 - 36 |

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

| Activity Name | Type | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value | No Value | No Value | No Value |

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

| Entry Standards | Description |
|--|-------------|
| Perform offensive and defensive skills appropriate for intercollegiate volleyball. | No Value |

| | |
|--|----------|
| Define National Collegiate Athletic Association (NCAA) volleyball rules. | No Value |
| Participate in rigorous physical activity. | No Value |
| Participate and interact in a team environment. | No Value |
| Maintain positive individual behaviors to enhance team dynamics. | No Value |

Course Limitations

| Cross Listed or Equivalent Course | Description |
|-----------------------------------|-------------|
| No value | No value |

Requisite Validation

| |
|--|
| Upload Statistical Validation and/or other documents (if necessary) |
| No Value |

Specifications

| | |
|-------------------------------|------------|
| Methods of Instruction | |
| Methods of Instruction | Lecture |
| Methods of Instruction | Laboratory |
| Methods of Instruction | Discussion |
| Methods of Instruction | Multimedia |

| | | | | |
|---|--|------------------|-------------|-------------|
| Methods of Instruction | Collaborative Learning | | | |
| Methods of Instruction | Demonstrations | | | |
| Methods of Instruction | Guest Speakers | | | |
| Out of Class Assignments | | | | |
| <ul style="list-style-type: none"> • Practice evaluation (e.g. written evaluations regarding positive and negative performances) • Goal setting (e.g. written re-evaluation of goal performance every other week) • Practice analysis (e.g. summary and review of practice film) | | | | |
| Methods of Evaluation | Description of Activity/Interaction | | | |
| Writing Assignment | Video movement analysis | | | |
| Evaluation | Demonstration evaluations | | | |
| Activity (answering journal prompt, group activity) | Tournament play | | | |
| Exam/Quiz/Test | Written exams | | | |
| Textbook Rationale | | | | |
| No Value | | | | |
| Textbooks | | | | |
| Author | Title | Publisher | Date | ISBN |
| No Value | No Value | No Value | No Value | No Value |
| Other Instructional Materials (i.e. OER, handouts) | | | | |
| Description | Women's Volleyball Rules and Interpretations 2019-2020 | | | |
| Author | National Collegiate Athletic Association | | | |
| Citation | No value | | | |
| Online Resource(s) | No value | | | |

Learning Outcomes

Course Objectives

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated game situations for competition.

Show advanced collegiate level skills.

Review and practice offensive schemes.

Review and practice defensive schemes.

Breakdown and apply practical and general knowledge of the game of volleyball.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Integrate and execute advanced cooperative skills needed to perform at a high level of play.
Core
PLOs

Implement and apply technical and tactical skills necessary for collegiate competition.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
Core
PLOs

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No Value

Is this proposal submitted in response to learning outcomes assessment data?

No Value

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Team Philosophies and Rules (1-3)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

Safety for Volleyball (2-4 hours)

- Ankle braces
- Shagging balls
- Proper warm-up

Understanding Team Dynamics (3-6hours)

- Creating a positive environment
- Effective communication under stress

Nutritional Aspects of Effective Training (2-4 hours)**Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours 9-18**Laboratory/Studio Content****Fundamental Conditioning Skills for Volleyball (24-48 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometric

Advanced Fundamental Skills in Volleyball (27-54 hours)

- Overhand/forearm passing
- Serve Receive
- Dig
- Free ball
- Jump Serve
- Top spin
- Floater
- Blocking
- Split
- Stack
- Spread
- Attacking
- Hard driven attack
- Roll shot
- Tip
- Attacking areas

Advanced Game Strategy (30-60 hours)

- Selection of offensive and defensive system
- Team lineup
- 9 position serving areas
- Setting selections
- Offensive/defensive systems

Total Hours: 81-162**Additional Information****Repeatability**

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No

What term(s) will this course be offered?

Spring/Summer

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value