

Glendale College

Course Outline of Record Report

Course ID 0003095
Revision - November 2025

ATHPE143 : Women's Intercollegiate Volleyball

General Information

| | |
|---|---|
| Author: | • Erin Calderone |
| Course Code (CB01) : | ATHPE143 |
| Course Title (CB02) : | Women's 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) : | CCC000556733 |
| 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 143 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's volleyball. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 143 is designed for the intercollegiate volleyball 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

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

4

Maximum Credit Units (CB06)

4

Total Course In-Class (Contact) Hours

180

Total Course Out-of-Class Hours

36

Total Student Learning Hours

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 | 1 | 2 |
| Laboratory Hours | 9 | 0 |
| Studio Hours | 0 | 0 |

Course Student Hours

| | |
|--|-----|
| Course Duration (Weeks) | 18 |
| Hours per unit divisor | 54 |
| Course In-Class (Contact) Hours | |
| Lecture | 18 |
| Laboratory | 162 |
| Studio | 0 |
| Total | 180 |
| Course Out-of-Class Hours | |
| Lecture | 36 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 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 |
|---|-------------|
| Apply a variety of offensive and defensive skills appropriate for intercollegiate volleyball. | No Value |

| | |
|--|----------|
| Integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum polices into weekly competition. | No Value |
| Display cardiovascular health, muscular strength and endurance. | No Value |
| Utilize verbal communication necessary for collegiate competition. | No Value |
| Demonstrate how to apply workable solutions within a team environment. | 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"> • Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback) • Goal setting (e.g. written re-evaluation of goal performance every week) • Game analysis (e.g. written summary and review of game film both team and individual) | | | | |
| Methods of Evaluation | Description of Activity/Interaction | | | |
| Activity (answering journal prompt, group activity) | Demonstration evaluations (e.g. serve receive passing) | | | |
| Activity (answering journal prompt, group activity) | Video movement analysis | | | |
| Other | Weekly competition | | | |
| Exam/Quiz/Test | Written play exams (e.g. diagram test for defense) | | | |
| 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 | 2024 and 2025 Women's Volleyball Rules Book | | | |
| Author | National Collegiate Athletics Association | | | |
| Citation | 2024 | | | |
| Online Resource(s) | https://ncaapublications.com/products/2024-and-2025-womens-volleyball-rules-book | | | |

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 (4 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- California Community College Athletic Association decorum

- Training room policies for treatment

Safety for Volleyball (4 hours)

- Ankle braces and preventative injury exercises
- Shagging balls
- Proper warm-up
- Proper cool-down

Understanding Team Dynamics (4 hours)

- Creating a positive team environment
- Effective communication under stress

Nutrition for the Competitive Athlete (4 hours)

- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: good or bad
- Hydration

Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (2 hours)

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total hours: 18

Laboratory/Studio Content

Fundamental Conditioning for Volleyball (18 hours)

- Agility
- Coordination
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training

Advanced Fundamental Skills in Volleyball (48 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

Offense Strategies for Intercollegiate Volleyball Competition (45 hours)

- Play development and calls
- Two hitter attack
- Three hitter attack
- Back-row attacking and calls
- 6-2 offense
- 5-1 offense
- Court areas and placement of attacking

Defense Strategies for Intercollegiate Volleyball Competition (51 hours)

- Home positions

- See and read defense
- Rotational defense
- Transition from defense to offense
- Defending at the net
- Changing defenses

Total hours: 162

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

No Value

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?

Fall

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