

## ATHPE165 : Volleyball Conditioning

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li><li>Ybarra, Yvette</li></ul>
Course Code (CB01) :	ATHPE165
Course Title (CB02) :	Volleyball Conditioning
Department:	ATHPE
Proposal Start:	Fall 2025
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000602468
Curriculum Committee Approval Date:	02/26/2025
Board of Trustees Approval Date:	04/22/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	ATHPE 165 is designed for the student-athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, rules, and game plays for volleyball. Note: ATHPE 165 is designed for the intercollegiate women's volleyball team. May be taken 4 times for credit.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	<ul style="list-style-type: none"><li>In-Person</li></ul>
Author:	No value
Course Family:	Volleyball

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Coaching</li></ul>
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	08/28/2023	No Comparable Course defined.

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	1.5
<b>Maximum Credit Units (CB06)</b>	1.5
<b>Total Course In-Class (Contact) Hours</b>	81
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	81

### 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	0
Laboratory Hours	4.5	0
Studio Hours	0	0

## Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0

### Course In-Class (Contact) Hours

Lecture	0
Laboratory	81
Studio	0
<b>Total</b>	81

### Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

## 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
Explain intermediate knowledge of volleyball biomechanics.	No Value
Demonstrate intermediate techniques of volleyball biomechanics.	No Value

Engage in cardiovascular and mental training at moderate to vigorous levels.	No Value
Integrate intermediate volleyball knowledge to strength training movements.	No Value
Apply strength training exercises to volleyball specific movements.	No Value

<b>Course Limitations</b>	
Cross Listed or Equivalent Course	Description
No value	No value

<b>Specifications</b>	
<b>Methods of Instruction</b>	
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia
Methods of Instruction	Tutorial
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activities (Trips)

<b>Methods of Instruction</b>	Guest Speakers			
<b>Methods of Instruction</b>	Presentations			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Fitness analysis (e.g. body weight, body composition, recognized perceived exertion)</li> <li>• Field activities (e.g. physical exercise to enhance in-class activity)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Rationale</b>			
Exam/Quiz/Test	Demonstration			
Activity (answering journal prompt, group activity)	Group participation			
Activity (answering journal prompt, group activity)	One repetition strength tests (e.g. one repetition of maximum weight for squats)			
Activity (answering journal prompt, group activity)	Timed sprints and long distance runs			
Activity (answering journal prompt, group activity)	Multiple repetition strength tests (e.g. timed push-ups)			
Activity (answering journal prompt, group activity)	Static strength tests			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	NCAA Volleyball 2024 and 2025 Women's Rules Book			
<b>Author</b>	THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>	<a href="https://www.ncaapublications.com/p-4691-2024-and-2025-womens-volleyball-rules-book.aspx">https://www.ncaapublications.com/p-4691-2024-and-2025-womens-volleyball-rules-book.aspx</a>			

## Learning Outcomes

### Course Objectives

Perform an advanced level of physical skills relative to participation in intercollegiate competition.

Execute offensive and defensive strategies used at the collegiate competitive level.

Demonstrate volleyball-specific movements at moderate to advanced levels.

Demonstrate volleyball-specific strength and conditioning techniques.

Increase physical fitness, strength and volleyball-specific techniques.

### SLOs

**Develop and apply a strength training program as it applies to intercollegiate volleyball.**

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.

**Develop and apply a cardiovascular training program as it applies to intercollegiate volleyball.**

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.

**Develop physical skills in volleyball for increased success at the intercollegiate level.**

Expected Outcome Performance: 70.0

*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.

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

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

ILOs Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
ATHPE Core	Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
PLOs	Integrate and execute advanced cooperative skills needed to perform at a high level of play.

## Additional SLO Information

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

No

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

No

**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**

No value

**Laboratory/Studio Content**

**Strength Training for Volleyball (28 hours)**

- Core
- Upper body
- Lower body
- Prehabilitation and injury prevention
- Knee and shoulder care

**Plyometric Training for Volleyball (12 hours)**

- Acceleration and deceleration
- Footwork
- Agility drills
- Vertical jump

**Situational Training in Volleyball (12 hours)**

- Defensive strategies
- Offensive strategies
- Teamwork and communication

**Cardiovascular Training in Volleyball (24 hours)**

- Sprint speed
- Sprint endurance
- Long distance endurance
- Dynamic explosive movements

**Application of Rules in Volleyball (5 hours)**

- Defensive rule interpretation and strategies
- Offensive rule interpretation and strategies

**Total Hours: 81**

**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 Value

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

No Value

**What term(s) will this course be offered?**

No Value

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

No Value

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

No Value

**Resources**

**Did you contact your departmental library liaison?**

No

**If yes, who is your departmental library liason?**

Becka Cooling (Kinesiology, Social Sciences)

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**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