



MASTER COURSE OUTLINE

A. PHED 2235 Intercollegiate Volleyball I

B. COURSE DESCRIPTION:

This course is for student athletes that are part of the Riverland Community College Women's Volleyball Team. Players on this team compete in the Minnesota College Athletic Conference (MCAC) against other member community colleges, and are part of the National Junior College Athletic Association (NJCAA) at the division III level.
(1 Cr – 0 lec, 1 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

These content areas may not necessarily be covered in the order listed.

1. Volleyball drills and fundamentals for all aspects of college level play
2. Offensive and defensive schemes, plays and strategies
3. Team strategies (film and scouting)
4. Weight room and conditioning procedures and programs
5. Expectations of student athlete team travel

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<u>**Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. assess the situation and implement the appropriate offensive and defensive strategy.
<u>CS</u>	participate in drills and practices to prepare for intercollegiate competition.	1. perform volleyball skills necessary in practice and game situations at a collegiate level.
<u>CS</u>	demonstrate and acknowledge intercollegiate rules and expectations set forth by the NJCAA and the RCC head volleyball coach.	1. comply with all eligibility guidelines enforced by the NJCAA. 2. comply with all individual and team expectations determined by the head coach.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success

Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

G. COURSE CODING INFORMATION: Course Code D/Class Maximum 30; Letter Grade.

Revision date: 12/22/09; 1/8/18

AASC Approval date: 2/20/18

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.