



MASTER COURSE OUTLINE

A. PHED 2245 Intercollegiate Volleyball II/Women's

B. COURSE DESCRIPTION:

This course allows second season student athletes to participate in volleyball at an intercollegiate level including practices, games, and travel. Riverland Community College intercollegiate volleyball participates in the Minnesota College Athletic Conference (MCAC) and is a member of the National Junior College Athletic Association (NJCAA). Prerequisite: PHED 2235.

(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Volleyball drills and fundamentals for all aspects of college level play
- Offensive and defensive schemes, plays and strategies
- Team strategy (film and scouting)
- Weight room and conditioning procedure and programs
- Expectations of student athlete travel and responsibilities
- Equipment and locker room care

F. 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 head volleyball coach.	<ol style="list-style-type: none"> 1. comply with all eligibility guidelines enforced by the NJCAA. 2. comply with all individual and team expectations determined by the head coach.
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G. 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 Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 10/05/10; 03/19/18; 03/28/24

AASC Approval date: 04/17/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland’s MnTC courses also shall meet outcomes from a Discipline Area.

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.

*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

**Riverland Community College Discipline Areas	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