

---

## SECTION HEADING

### PHED 1171: Intercollegiate Women's Volleyball

#### Description

Intercollegiate Women's Volleyball includes participation in intercollegiate women's volleyball, where they acquire knowledge at the freshman intercollegiate level, representing Minnesota West Community and Technical College in the Minnesota College Athletic Conference.

#### Credits

1

#### Prerequisite

None

#### Corequisite

None

#### Topics to be Covered

1. NJCAA/NCAA women's volleyball rules, standards for eligibility and student code of conduct
2. Offensive and defensive techniques and strategies
3. Film breakdown
4. Conditioning and proper nutrition
5. Healthy Lifestyles
6. Teamwork
7. Sportsmanship (Diversity and inclusion)

#### Learning Outcomes

1. Demonstrate professional and ethical responsibility within the team and competitive area including proper etiquette and good sportsmanship
2. Exhibit proficiency in the proper execution of game situations
3. Utilize the techniques, skills, and tools necessary for the enhancement of health, fitness, nutrition, and overall well-being
4. Understand and explain team rules and student code of conduct when representing the team in the classroom, outside of school events, in the community, at practices, and at all contests

#### Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None