



# Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

<b>Term Effective:</b>	Spring	2008
	Semester	Year

Title:   
*(limit to 50 characters including spaces)*

Course Number:

Initiator:

Date Submitted:

Units Min:

*If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.*

Units Max:

Lecture Hours:

Lab Hours:

Activity Hours:

**Student Learning Outcomes:** *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

- 1: Students will increase their fitness levels through a systematic conditioning regimen.
  - 2: Students will match player positions with their generic roles / responsibilities in a game.
  - 3: Students will delineate specific roles / responsibilities for their own positons.
- Assessment Methods:
- 1:
    - a: Use pre / post tests for determining improvement in power, speed, and muscular endurance.
    - b: Through coaches observation students will show their level of conditioning in game performance.
  - 2:
    - a: Have players point to positions on the volleyball court and describe responsibilities of each position.
    - b: On a worksheet with player positions and each job, players will match them together.
  - 3:
    - a: Players will make a sequential check list of position responsibilities on both offense and defense.
    - b: Players will walk and talk their way through their position responsibilities on the court with instructor and partner.

**SIGNATURES / APPROVALS:**

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date