

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 293X2
Course Title: Professional Activities: Volleyball
Units: 2 Units
Lecture: 1 Hour
Lab: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

Designed to prepare individuals to more effectively play and coach the sport of volleyball. Instruction in various techniques, rules, regulations, team strategy, and etiquette of the game will be included.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate an basic knowledge of the rules, regulations, and etiquette of the game of volleyball
 2. Analyze the role of the volleyball coach
 3. Demonstrate beginning level volleyball techniques
 4. Demonstrate beginning level knowledge of team strategy
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate an advanced knowledge of the rules, regulations, and etiquette of the game of volleyball
 2. Design an effective training routine for volleyball players
 3. Design a month long practice plan to prepare a team for competition
 4. Demonstrate intermediate level volleyball techniques
 5. Demonstrate intermediate level knowledge of team strategy

IV. CONTENT:

- A. Foundations of Volleyball
1. History
 2. Governing organizations
- B. Skills acquisition
1. Footwork
 2. Body Control
 3. Hitting
 4. Passing
 5. Setting
 6. Serving
 7. Blocking
 8. Digging
- C. Knowledge of the Game
1. Rules
 2. Regulations
 3. Etiquette
 4. Offensive Strategy
 5. Defensive Strategy

6. Conditioning
- D. Coaching Requirements
 1. Athlete Selection and Training
 2. Designing Practice Plans
 3. Drill Selection and Demonstration Strategies
 4. Sportsmanship and Ethics

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Guided practice and drills
- D. Student-directed activities
- E. Videotape Analysis
- F. Guest speakers

VI. TYPICAL ASSIGNMENTS:

- A. Read an article on setting techniques and discuss with classmates
- B. Lead a class discussion discussing various serving styles
- C. Design a week-long practice plan to install a basic team offense and defense
- D. Write a paper describing the attributes of a good volleyball coach

VII. EVALUATION:

- A. Methods of Evaluation:
 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis of three basic skills
 - b) Written assignments on the various techniques, rules, regulations, team strategy, and etiquette of volleyball
 - c) Written final exam
 2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis of five basic skills
 - b) Written assignment on the various techniques, rules, regulations, team strategy, and etiquette of volleyball
 - c) Written final exam
- B. Frequency of Evaluation:
 1. Skills testing every 3-4 weeks
 2. Written assignments every 2 weeks
 3. Final exam at end of semester
- C. Typical exam questions:
 1. Identify the three most important aspects of passing
 2. Describe the key points of emphasis in teaching proper hitting technique

VIII. TYPICAL TEXT(S):

Dearing, Joel, Volleyball Fundamentals, Human Kinetics, 2003.
Giddens, Sandra, Volleyball Rules, Tips, Strategy, and Safety, Rosen Publishing, 2004.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

None.