

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-T 124X4
Course Title: Team Sports Activities: Volleyball
Units: 1
Lecture: None
Laboratory: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette and rules of volleyball at beginning, low intermediate, high intermediate and advanced levels of performance. Students will improve their overall physical fitness and develop certain carryover skills.

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

III. EXPECTED OUTCOMES FOR STUDENTS:

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate beginning level skills in the game of volleyball
 2. Demonstrate a basic understanding of the history of volleyball
 3. Explain and apply rules and etiquette of volleyball
 4. Demonstrate a basic knowledge of volleyball equipment
- C. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate level skills in the game of volleyball
 2. Explain the differences among the 4-2, 5-1, and 6-0 systems of play
 3. Design a lineup for optimum offensive and defensive team performance
 4. Perform low intermediate level conditioning and skill development drills for the game of volleyball
- D. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate level skills in the game of volleyball
 2. Design a general conditioning program for volleyball players
 3. Perform high intermediate level conditioning and skill development drills for the game of volleyball
 4. Set up a volleyball court to precise standards for intercollegiate competition
- E. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced skills in the game of volleyball
 2. Design position-specific conditioning programs for volleyball players
 3. Perform advanced level conditioning and skill development drills for the game of volleyball
 4. Officiate beginner and low intermediate level volleyball matches

IV. CONTENT:

- A. History of volleyball
1. Inventor
 2. Early rules of volleyball
 3. Evolution of volleyball
 4. New concepts of volleyball
- B. Rules and equipment
- C. Forearm passing technique
1. Drop-step passing

2. J-passing
3. Run-throw passing
- D. Setting technique
 1. Bump setting
 2. Overhead setting
- E. Spiking technique
 1. 3 step approach
 2. 4 step approach
- F. Blocking technique
 1. Penetrate blocking
 2. Soft blocking
 3. Sweep blocking
- G. Serving technique
 1. Underhand serve
 2. Overhand serve
 3. Side arm serve
 4. Top-spin serve
 5. Floater serve
 6. Jump serve
- H. Team offensive strategies
 1. 4-2 offense
 2. 6-0 offense
 3. 5-1 offense
- I. Team defensive objectives
 1. Red defense
 2. Blue defense
 3. Rotational defense
- J. Modified team objectives
 1. 2 person strategies
 2. 3 person strategies
 3. 4 person strategies

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstration
- C. Class discussion
- D. Video analysis
- E. Class Participation

VI. TYPICAL ASSIGNMENTS:

- A. Read and critique and article comparing the 4-2, 5-1, and 6-0 systems of play
- B. Complete a 25 question partner-graded quiz and discuss results
- C. Watch yourself play a game on video and critique your offensive and defensive techniques
- D. Observe an intercollegiate volleyball match and prepare a written analysis describing offenses and defenses employed

VII. EVALUATION:

- A. Methods of Evaluation
 1. Methods of evaluation for first semester students
 - a) Skill tests – form analysis in three basic skills
 - b) Written assignments on basic rules and techniques
 - c) Written final examination

2. Methods of evaluation for second semester students
 - a) Skill tests – form analysis in five basic skills
 - b) Written assignments on basic team offense and defense
 - c) Written final exam
 3. Methods of evaluation for third semester students
 - a) Skill tests – form analysis in three advanced techniques
 - b) Written assignments on advanced rules and techniques
 - c) Written final exam
 4. Methods of evaluation for fourth semester students
 - a) Skill tests – form analysis in five advanced techniques
 - b) Written assignments of advanced team offense and defense
 - c) Written final exam
- B. Frequency of Evaluation:
1. Skills testing and written assignments every 3-4 weeks
 2. Final exam at end of semester
- C. Typical exam questions:
1. Diagram a volleyball court and label the lines and areas of court
 2. Explain the difference between a one-set and a four-set
 3. Describe the proper approach for an outside hit

VIII. TYPICAL TEXT(S):

Dearing, Joel, Volleyball Fundamentals, Human Kinetics, 2003.
Bertucci, Bob and Peterson, James, Volleyball Drill Book, McGraw-Hill, 1992.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

Non-marking court shoes, shorts, and t-shirts