

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-T 132X2  
Course Title: Team Sports Activities: Advanced Volleyball  
Units: 1  
Lecture: None  
Laboratory: 3 hours
- B. Catalog and Schedule Description:  
The course is designed to teach advanced volleyball skills in preparation for intercollegiate competition. Various team offensive systems and team defensive patterns will be studied and analyzed. Enrollment in this course is limited to those with Interscholastic or Intercollegiate experience.

**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 advanced proficiency in the skills and techniques of volleyball
  2. Participate as a member of an intercollegiate volleyball team
  3. Demonstrate advanced level knowledge of the rules and etiquette of the game of volleyball
- B. On successful completion of level two of this course, the student should be able to:
- A. Demonstrate high advanced proficiency in the skills and techniques of volleyball
  - B. Participate as a second-year or higher member of an intercollegiate volleyball team
  - C. Serve as an up and down official on an under 16 volleyball match

**IV. CONTENT:**

- A. History of volleyball
1. Early objectives of volleyball
  2. Changes in techniques
  3. Advances in training
- B. Rules, regulations, etiquette, and officiating techniques
- C. Stretching
- D. Warm-ups
- E. Forearm passing
1. Drop step passing
  2. J-passing
  3. Run throw passing
  4. Position passing
- F. Overhand serving
1. Top-spin serve
  2. Floater serve
  3. Jump serve
  4. Position serving
- G. Setting
1. Quick sets
  2. Shoot sets
  3. Zone sets
- H. Spiking
1. Left side spiking
  2. Middle spiking
  3. Right side spiking

4. Backrow spiking
  5. Slide spiking
  6. Transition spiking
  - I. Blocking
    1. Penetrate block
    2. Soft block
    3. Sweep block
    4. Zone block
  - J. Defensive strategies
    1. Red defense
    2. Blue defense
    3. White defense
    4. Rotation defense
  - K. Offensive strategies
    1. 4-2 offense
    2. 6-2 offense
    3. 5-1 offense
    4. Serve/receive 2, 3, 4, 5 person
  - L. Incorporate techniques and strategies into game situations
- V. METHODS OF INSTRUCTION:**
- A. Explanation and demonstration
  - B. Videotape analysis
  - C. Lecture
  - D. Guided practice and drill
  - E. Student directed activities
- VI. TYPICAL ASSIGNMENTS:**
- A. Observe and critique a high level volleyball match. Examples are:
    1. Local college matches
    2. USVBA matches
    3. USA matches
    4. Indoor or outdoor professional matches
  - B. Read and critique an article on advanced setting techniques
- VII. EVALUATION:**
- A. Methods of Evaluation
    1. Methods of evaluation for first semester students
      - a) Skill tests – form analysis in five advanced skills
      - b) Written assignments on advanced rules and techniques
      - c) Written final examination
    2. Methods of evaluation for second semester students
      - a) Skill tests – form analysis in seven advanced skills
      - b) Written assignments on 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. Identify the strengths and weaknesses of the red defensive strategy
    2. Against what defensive strategy is a zone set most effective

**VIII. TYPICAL TEXT(S):**

Dearing, Joel, Volleyball Fundamentals, Human Kinetics, 2003.  
Scates, Allen E., Complete Conditioning for Volleyball, Human Kinetics, 2002.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

Non-marking court shoes