

Course Outline

COURSE: ATH 13A **DIVISION:** 40 **ALSO LISTED AS:** KIN 13A PE 13A

TERM EFFECTIVE: Spring 2018 **CURRICULUM APPROVAL DATE:** 03/27/2017

SHORT TITLE: FUNDAMENTALS OF VOLLEYBALL

LONG TITLE: Fundamentals of Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

COURSE DESCRIPTION:

This course offers basic instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in the fundamental aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 1 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate the basic fundamentals of passing, hitting, setting, serving, and defense.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

Semester: Spring

2. Explain the basic offensive and defensive theories, recognize the various situations on the court and react accordingly.

Measure of assessment: demonstration, discussion, exam

Year assessed, or planned year of assessment: 2018

Semester: Spring

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/27/2017

20 Hours (5 Hours Lecture/15 Hours Lab)

Introduction and discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to volleyball will be presented. Presentation on the fundamentals of passing and setting; including the stance, footwork and mechanics involved in each skill. Basic serving fundamentals will be introduced. Lecture, discussion, video, and guided practice in the fundamental techniques of the float serve and topspin serve will be presented. Introduce serving areas. Students who repeat this class will become more proficient in these basic skills through the repetition of the drills, such as 3 person passing and butterfly passing.

Student Performance Objectives: Demonstrate the proper use of equipment and stretching and conditioning methods specific to the sport. Demonstrate and explain the basic fundamentals involved in passing and setting. Demonstrate the basic serving techniques.

16 Hours (4 Hours Lecture/12 Hours Lab)

Presentation on the fundamental mechanics involved in hitting, including the approach, arm swing, follow through, and wrist snap will be introduced. Lectures, demonstrations, video, live games, and guided practices will be utilized. General defense, including defensive position, movement, and team philosophy will be discussed. Introduction to team defense, including 3 person defense, 5 person defense, and defensive schemes. Situations, philosophies, and strategies involved in various team defenses will be discussed. Students who repeat this class will become more proficient in hitting the ball through repetition of the drills in this course. They will become more skilled defenders through repetition and practice.

Student Performance Objectives: Analyze the various techniques involved in executing a spike. Explain and demonstrate general defensive techniques. Perform various defenses in drill and scrimmage situations. Students who repeat this class will also be able to explain the different defenses.

12 Hours (3 Hours Lecture/9 Hours Lab)

Demonstration and practice of the different sets to hit; such as a 5 (high back set), 4 (high outside), 3 (shoot to middle), 2 (high middle), and 1 (quick middle). Introduction of serve receive rotation. Students who repeat this course will become more proficient in executing the above skills through repeated practice.

Student Performance Objectives: Demonstrate different sets in practice and game situations. Demonstrate serve receive rotations in practical game situations. Students who repeat this course will be able to explain the serve receive rotations.

20 Hours (5 Hours Lecture/15 Hours Lab)

Lecture, discussion, and testing on the basic rules of the sport of volleyball. A written test on the rules will be included. Inter-class play, including tournament play. Semester review. Student skills and their ability to execute offensive and defensive schemes will be evaluated during game play. Student who repeat this class will demonstrate their knowledge of the rules by umpiring/refereeing scrimmages and making the correct calls depending on the violation. They will become more proficient in their skills through supervised practice.

Student Performance Objectives: Participate in a written exam on the rules of play. Demonstrate their skills, offensive and defensive positioning, and the rules of the game through inter-class play and by umpiring/refereeing.

2 Hours

METHODS OF INSTRUCTION:

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussion.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Written Homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 10

Assignment Description: Homework: Students will watch a practice and write a description of the passing and setting drills used. Using a video, students will evaluate their serving technique.

Required Outside Hours: 8

Assignment Description: Homework: Students will attend a match and analyze hitting techniques. They will make a list of the fundamental hitting techniques observed which will be discussed in class. Students will watch a match (either live or on video) and share observations of defensive techniques with fellow classmates. They will watch a collegiate level match and chart what defense is being used and how successful or unsuccessful it is. Students will also note what adjustments are or are not being made and how this affects the match outcome.

Required Outside Hours: 6

Assignment Description: Homework: Students will watch and evaluate players in a match situation, analyzing the effectiveness or failures of various sets. They will chart the various serve receive rotations and be able to explain them to their fellow class members.

Required Outside Hours: 10

Assignment Description: Homework: Students will analyze a referee and/or umpire's performance. They will watch a match and write a critique utilizing the information gained in class. They will meet in groups to review for the written and practical final.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 13A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number: CCC000533505

Sports/Physical Education Course: Y

Taxonomy of Program: 083550