GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Fall 2022 CURRICULUM APPROVAL DATE: 12/13/2022

SHORT TITLE: FUNDAMENTALS OF VOLLEYBALL

LONG TITLE: Fundamentals of Volleyball

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

Out of Class Hrs:	36.00
Total Learning Hrs:	108.00

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.

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
047 - Laboratory - LEH 0.7
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
72 - Dist. Ed Internet Delayed
73 - Dist. Ed Internet Delayed LAB
737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the basic fundamentals of passing, hitting, setting, serving, and defense.
2. Explain the basic offensive and defensive theories, recognize the various situations on the court and react accordingly.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the proper stretching and conditioning methods specific to volleyball.
2. Discuss and perform various defenses in drill and scrimmage situations.
3. Discuss and apply the appropriate skills necessary to execute set plays.
4. Demonstrate their skills, offensive and defensive positioning, and the rules of the game through inter-class play.

COURSE CONTENT:

Curriculum Approval Date: 12/13/2022

LECTURE CONTENT:

5 Hours

Lecture Content: 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, and video on the fundamental techniques of the float serve and topspin serve will be presented. Introduce serving areas.

4 Hours

Lecture Content: Presentation on the fundamental mechanics involved in hitting, including the approach, arm swing, follow through, and wrist snap will be introduced. 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.

3 Hours

Lecture Content: Discussion 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.

4 Hours

Lecture Content: Lecture, discussion, and testing on the basic rules of the sport of volleyball. A written test on the rules will be included. Semester review. Students who repeat this class will demonstrate their knowledge of the rules by umpiring/refereeing scrimmages and making the correct calls depending on the violation.

2 Hours

Final.

COURSE CONTENT(CONTINUED):

LAB CONTENT:

15 Hours

Lab Content: Introduction and discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to volleyball will be presented. Practice the fundamentals of passing and setting; including the stance, footwork and mechanics involved in each skill. Practice basic serving fundamentals will. Guided practice in the fundamental techniques of the float serve and topspin serve. 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.

12 Hours

Lab Content: Demonstrations, video, live games, and guided practices will be utilized to present the fundamental mechanics involved in hitting; including the approach, arm swing, follow through, and wrist snap. 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 and practiced. 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.

9 Hours

Lab Content: 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.

16 Hours

Lab Content: 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. Students 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.

2 Hours

Final.

METHODS OF INSTRUCTION:

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

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 12

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.

METHODS OF EVALUATION:
Writing assignments
Evaluation Percent 10
Evaluation Description
10% - 20% Written Homework

Skill demonstrations
Evaluation Percent 50
Evaluation Description
40% - 60% Demonstration

Objective examinations
Evaluation Percent 10
Evaluation Description
10% - 20%
Multiple Choice,
True/False,
Matching Items,
Completion

Other methods of evaluation
Evaluation Percent 30
Evaluation Description
20% - 40% Requires student participation.

REPRESENTATIVE TEXTBOOKS:
No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000533505
Sports/Physical Education Course: Y
Taxonomy of Program: 083550
CIP: