

KIN A154: VOLLEYBALL LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-1.5 Total Units
Hours	36-54 Total Hours (Lecture Hours 9-13.5; Lab Hours 27-40.5)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Development of skills necessary to participate in a game of volleyball at the beginning and intermediate levels. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Perform proper beginning volleyball techniques necessary to improve skills in preparation for successful six-person volleyball.
2. Identify the lines of the volleyball court and recall the rules as they apply to beginning and intermediate levels of volleyball.

Course Objectives

- 1. Describe basic rules of volleyball
- 2. Demonstrate proper technique in all of the individual skills of volleyball
- 3. Identify a variety of team defenses and apply them to volleyball team strategies
- 4. Identify various offensive systems including quick sets and combination play and apply them to team strategies
- 5. Participate in various flexibility routines, agility drills, jump circuits and strength exercises to develop appropriate conditioning for beginning volleyball
- 6. Explain basic strategies of play for doubles, triples, fours, fives and coed games
- 7. Define the term "transitional play" as it applies to beginning and intermediate volleyball

Lecture Content

Introduction and Orientation Basic serve technique Floater Forearm Top spin Basic passing technique Front pass Lateral pass Reverse bump pass Setting the ball Front set Back set Jump set Attacking (Spiking) the ball Intro court Angle or line Seams or tip Blocking Basic stance Attack block Soft block Double block Individual defense Basic posture; dig mid-line Stride or lunge; dig outside mid-line Collapse and sprawl Basic strategies for play Doubles Triples Fours Fives Coed games Six player game - beginning/intermediate serve receive and hitter coverage 4-2 4-2; 6-2 6-2 Defense formations Regular Rotation Physical training for volleyball

Lab Content

Practice proper technique for serves - floater, forearm, top spin Practice proper technique for basic passing - front pass, lateral pass, reverse bump pass Practice proper technique for setting the ball - front, back, jump Practice proper technique for attacking (Spiking) the ball - intro court, angle, line, seams or tip Practice proper technique for blocking - basic stance, attack and soft, double blocks Practice proper technique and strategies for beginning/intermediate levels of individual defense - basic posture, dig mid-line, stride or lunge, dig outside mid-line, collapse and sprawl

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration of techniques, lectures discussion, instructor feedback, grouped students activities, videos.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Two writing assignments will be required as well as proficiency demonstrations.

Out-of-class Assignments

Continued practice of skills and techniques learned during class time. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Performance of beginning volleyball skills; written test on terminology, scoring.

Required Writing, Problem Solving, Skills Demonstration

Performance of beginning volleyball skills; skills tests; written test on terminology, scoring.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.