

KIN A254: VOLLEYBALL LEVEL 2

- III Perform the 6-2 and 5-1 offensives as they relate to six-person volleyball.

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

This course presents advanced volleyball techniques and tactics for team and tournament play. The course covers advanced skills, court positioning, rolls, drives, and team strategy, both offensive and defensive. ADVISORY: KIN A154 or instructor consent. 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 advanced volleyball techniques necessary to improve skills in preparation for tournament style play.
2. Demonstrate advanced strategies of court positioning and ball placement for participation in competitive level volleyball.

Course Objectives

- I Demonstrate the advanced techniques of the volleyball skills needed for six-person volleyball.
- I. 1. passing - overhand and underhand
- I. 2. setting - front row and back row
- I. 3. serving - floor serve and jump serve
- I. 4. dropping - underhand and overhand
- I. 5. spiking - front court and back court
- I. 6. blocking - soft block and over the net block
- II Perform proper six-person rotation. both offensive and defensive, it relates to positions on the floor.
- II. 1. outside hitter
- II. 2. middle blocker
- II. 3. setter
- II. 4. right side
- II. 5. libero

Lecture Content

Advanced rules of volleyball Illegal play Improper contact Improper rotating Advanced defensive fundamentals Spiking Setting Passing Digging Blocking Advanced defensive fundamentals Passing a defensive spike Diving/rolling to control a spike Application of techniques to game situations Court movement and positioning Defensive angles and alignments

Lab Content

Daily drills as they relate to individual and six-personal volleyball. Daily volleyball conditioning plyometrics, cardiovascular endurance, and flexibility. Six-person drills, games and tournament play.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration of techniques, lecture, 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 demonstration.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

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

Required Writing, Problem Solving, Skills Demonstration

Attendance, participation, written assignments, skills demonstrations, skills tests, written final exam (including essay questions)

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.

Textbooks Resources

1. Required Gozansky, S.. Championship Volleyball, latest ed. Parker Publishing Company, 2013