

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 88 - Varsity Volleyball**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Limitation on Enrollment:** Student-athletes currently participating in Intercollegiate Athletics

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate volleyball. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. define volleyball safety and rules.
- B. practice the proper etiquette of volleyball competition.
- C. describe offensive and defensive strategies for intercollegiate competition.
- D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
- E. demonstrate pre-game, in-game and post-game physical routines.
- F. demonstrate proper maintenance of individual equipment and the court.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation, Safety, and Expectations		2.00
2.	Forearm Pass		8.00
3.	Overhead Pass		7.50
4.	Setting		5.50
5.	Serving		5.00
6.	Serve Receive		5.00
7.	Attacking		5.00
8.	Blocking		8.00
9.	Digging (individual defense)		8.00
10.	Team Defense		19.50
11.	Team Offense		19.50
12.	Transition		19.50
13.	Modified Games		15.00
14.	Film Analysis		7.50
15.	Strategy		9.00
16.	Team Psychology		9.00

**IV. METHODS OF INSTRUCTION**

- A. Discussion
- B. Demonstrations
- C. Reading Assignments
- D. Multimedia Presentations
- E. Drills/Practical

**V. METHODS OF EVALUATION**

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluations

**VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read the handout describing a specific game strategy. Discuss in small groups.
  - 2. Review opponent scouting reports and specific game strategy. Be prepared to discuss your findings in class.
- B. Writing Assignments
  - 1. Write a scouting report for an opposing team that identifies the team's offense, defense, strengths, and weaknesses.
  - 2. Write a brief paper summarizing the responsibilities of each position in volleyball.
- C. Out-of-Class Assignments
  - 1. Develop a set of personal goals for the season and list three goals you feel the team should adopt. Team goal suggestions will be discussed in class.
  - 2. Attend a match of a Division I or II program and write an essay that compares and contrasts the play to that of a community college program.

**VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide: a. Proper volleyball attire b. Proper volleyball shoes
- B. Other materials and/or equipment will be provided by the department

**Created/Revised by:** Mario Vela

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