

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 68 - Volleyball I**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the six basic skills of volleyball: passing, setting, hitting, serving, blocking, and individual defense. Students will learn history, rules, etiquette, and safe play of volleyball. The elements of team play and game strategies will be identified and introduced.

### II. OBJECTIVES

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

- A. demonstrate the basic skills of: passing, setting, hitting, serving, blocking and individual defense.
- B. recognize and demonstrate the transition from offense to defense during game play.
- C. identify and define the basic rules for the game of volleyball.
- D. utilize verbal communication necessary for effective team work and safe game play.

### III. COURSE CONTENT

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

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Game History	1.00
2. Rules, Regulations, and Safety	2.00
3. Forearm Pass	1.25
4. Serve/Receive Positions	1.25
5. Overhand Pass	1.25
6. Setting	1.25
7. Attacks	1.25
8. Serving	1.25
9. Blocking	1.25
10. Individual Defense	1.25
11. Team Offense Overview	1.00
12. Team Defense Overview	1.00
13. Game Play	2.00
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Rules, Regulations, and Safety	1.00
2. Forearm Pass	2.50
3. Serve/Receive Positions	2.50

4.	Overhand Pass	2.50
5.	Setting	2.50
6.	Attacks	2.50
7.	Serving	2.50
8.	Blocking	2.50
9.	Individual Defense	2.50
10.	Basic Team Offense	2.50
11.	Basic Team Defense	2.50
12.	Game Play	8.00
	Total Hours	34.00

#### IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practical

#### V. **METHODS OF EVALUATION**

- A. Quizzes
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

#### VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read "The Evolution of Volleyball" and complete the associated worksheet.
  - 2. Read and review the "Terms of Volleyball" handout focusing on the terms associated with defensive play. Be prepared to discuss in class.
- B. Writing Assignments
  - 1. Write a one page essay on your favorite volleyball topic either a coach, player, or team.
  - 2. Write a two page essay on the different types of serves currently used in competitive volleyball. In your essay, address the techniques, advantages, and disadvantages of each serve.
- C. Out-of-Class Assignments
  - 1. Attend a sanctioned volleyball match and write a short paragraph providing an overview of the experience.
  - 2. Watch a Division I volleyball match on television and write an overview of the match. In your overview differentiate between the structure of play in class vs. the structure of play in the competition that you viewed.

#### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. American Sport Education Program. Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series). 1st Edition. Human Kinetics, 2011.

Materials Other Than Textbooks:

- A. The students will be required to provide: a. Athletic apparel b. Athletic shoes or volleyball shoes
- B. Materials will vary depending upon the activity requirements

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**Date:** 12/10/2012