

Las Positas College
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Course Outline for KIN VB 1

VOLLEYBALL BEGINNING

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN VB 1 — VOLLEYBALL BEGINNING — 0.50 - 2.00 units

Provides instruction on the individual and team skills and strategies of volleyball.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. Demonstrate proper mechanics of the forearm pass, the set, the spike, the block, and the overhead serve.
2. Identify the rules, etiquette, court features, and scoring.
3. Identify appropriate footwork and court positioning.
4. Identify a variety of offensive plays.
5. Identify team defenses for offensive plays.
6. Demonstrate appropriate team serve reception.
7. Explain individual and team strategies.
8. Develop an awareness of physical fitness through active participation of volleyball.

V. CONTENT:

1. Fundamentals of the pass, set, spike, block and serve.
2. Volleyball terminology, rules, scoring, and etiquette.
3. Appropriate footwork and court positioning.
4. Individual and team strategies.
5. Multiple team offenses.
6. Team serve reception.
7. Defensive techniques, including blocking and digging.
8. Stretching, warm up, and physical conditioning for volleyball.

VI. METHODS OF INSTRUCTION:

- A. **Observation and Demonstration** - Visualization and stretching exercises
- B. **Demonstration** - Aerobic and anaerobic workouts
- C. **Observation and Demonstration** - Observation of tournament or match play
- D. **Demonstration** - Skill-related volleyball strength building exercises
- E. **Audio-visual Activity** - Videotape viewing

VII. TYPICAL ASSIGNMENTS:

1. Development and application of basic strategy and court positioning.
2. Proper skill selection during games and drills.
3. Evaluation and critique of tournament and match play.

4. Readings of handouts and text.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance
4. Final Class Performance

B. **Frequency**

Students will be evaluated and skill tested on a daily basis.

Pre and post fitness assessment.

Finals skill exam at end of semester.

IX. TYPICAL TEXTS:

1. •Dunphy, Marv and Wilde, Rod (2011). *Volleyball Today* . : Thomson Wadsworth.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to wear proper footwear which consist of athletic footwear, shorts, sweats or athletic attire is required.