

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN VB2
VOLLEYBALL INTERMEDIATE
Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN VB2 — VOLLEYBALL INTERMEDIATE — 1.00 - 2.00 units

This is a course designed and developed for the intermediate level volleyball player. It is a continuation of beginning volleyball with an emphasis in executing the fundamental skills and techniques of power volleyball at a higher level. This course differs from beginning volleyball in that set patterns and systems of offense and defense are used in a team strategy. Before enrolling student should have proficiency in the skills of passing and setting.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN VB1 - Volleyball Beginning
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Volleyball

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINVB1

IV. MEASURABLE OBJECTIVES:

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

- A. Display an intermediate proficiency in emergency techniques including the barrel roll and dive.
- B. Demonstrate and intermediate proficiency of the basic 4-2 offense and the advanced offense systems of volleyball, the 5-1 and 6-2.
- C. Perform an intermediate proficiency of the defense systems of the power volleyball.
- D. Articulate the rules of the game and specific strategies
- E. Exhibit high performance of the fundamental skills and techniques of underhand and overhand passing, hitting, spiking and blocking.

V. CONTENT:

- A. INTRODUCTION Review basic fundamental techniques / skills
 1. Demonstrate the knowledge and the ability to specialize in one position in the front row.
 2. Demonstrate the knowledge and the ability to specialize in one position in the back row.
- B. CONDITIONING
 1. Circuit Training
 2. Interval Training
 3. Cardiovascular Training
 4. Strength and Flexibility Training
- C. TEAM STRATEGIES
 1. Offense
 - a. 6-2
 - b. 5-1
 2. Defense
 - a. Middle back – back
 - b. Middle back – up
 3. Serving
 - a. Six positions
 - b. Strategies

- c. Team Work
- D. GAME REGULATIONS – RULES
 - 1. Libero
 - 2. Rally Score
 - 3. International Rules

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Video will be used for purpose of demonstration.
- B. **Observation and Demonstration** - Skill observation and demonstration.
- C. **Classroom Activity** - Match and game play
- D. **Discussion** - Instructor lead discussion with Q&A and feed back from students.

VII. TYPICAL ASSIGNMENTS:

- A. Skills tests to demonstrate basic skills, defensive and offensive skills.
- B. Practice drills and team play to demonstrate an understanding of strategies and teamwork.
- C. Written exams to show comprehension of rules and regulations, techniques and strategies.

VIII. EVALUATION:

A. **Methods**

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

B. **Frequency**

- 1. Skills testing during each class
- 2. Pre and post test fitness assessment
- 3. Written final exam
- 4. Attendance will be taken at each class and documented

IX. TYPICAL TEXTS:

- 1. Hebert, Mike. *Thinking Volleyball*. First ed., Human Kinetics, 2014.
- 2. Miller, Robert. *The Volleyball Handbook (ebook)*. First ed., Human Kinetics, 2013.
- 3. American Volleyball Coaches Association. *The Volleyball Drill Book*. First ed., AVCA, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate exercise attire and gym footwear