

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

## Course Outline for KIN 40A

### PRE-SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN 40A — PRE-SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL — 1.00 units

Preseason preparation for intercollegiate competition in the sport of women's volleyball.

1.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

- Coaching

	<u>MIN</u>
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate the fundamental skills of attacking play including bumping, setting and spiking.
- B. Demonstrate the fundamental skill of serving.
- C. Understand and demonstrate basic offensive and defensive principles.
- D. Demonstrate improvement in physical conditioning.

#### V. CONTENT:

- A. Conditioning
  1. Aerobic
  2. Anaerobic
  3. Strength
  4. Power
- B. Skill Introduction
  1. Basic - Bump, set, spike and serve
- C. Tactics
  1. Offensive Principles
  2. Defensive Principles

#### VI. METHODS OF INSTRUCTION:

- A. **Lab** - This course will require students to observe and develop various skill sets through active participation.

#### VII. TYPICAL ASSIGNMENTS:

- A. Students will have pre, mid and post physical fitness testing through the semester.
- B. Students will demonstrate of the basic skills of bumping, setting, spiking and serving.

#### VIII. EVALUATION:

##### A. **Methods**

1. Class Participation

##### B. **Frequency**

Daily through participation.

#### IX. TYPICAL TEXTS:

1. Reynaud, Cecile. *The Volleyball Coaching Bible*. Volume II ed., Human Kinetics, 2015.
2. Schmidt, Becky. *Volleyball: Steps to Success*. 1 ed., Human Kinetics, 2015.
3. Forman, John, and Mark Lebedew. *Volleyball Coaching Wizards*. 1 ed., CreateSpace Independent Publishing Platform- Amazon Company, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS: