

Las Positas College
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Course Outline for KIN VB1

VOLLEYBALL BEGINNING

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN VB1 — VOLLEYBALL BEGINNING — 1.00 - 2.00 units

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

1.00 - 2.00 Units Lab

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:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- Development and application of basic strategy and court positioning.
- Proper skill selection during games and drills.
- Evaluation and critique of tournament and match play.
- Readings of handouts and text.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation

3. Class Performance
4. Final Class Performance

B. Frequency

1. Students will be evaluated and skill tested on a daily basis.
2. Pre and post fitness assessment.
3. 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.