

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

Course Outline for KIN 40B

IN SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 40B — IN SEASON INTERCOLLEGIATE WOMEN'S VOLLEYBALL — 1.00 - 3.00 units

Intercollegiate competition in the sport of women's volleyball.

1.00 - 3.00 Units Lab

Strongly Recommended

KIN 40A - Pre-Season Intercollegiate Women's Volleyball
 with a minimum grade of C
 and/or

Ability to demonstrate the following skills: bump, set, spike, serve.

Grading Methods:

Letter Grade

Discipline:

- Coaching

	MIN	MAX
Lab Hours:	54.00	162.00
Total Hours:	54.00	162.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

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

A. KIN40A

1. Demonstrate the fundamental skills of attacking play including bumping, setting and spiking.
2. Demonstrate the fundamental skill of serving.
3. Understand and demonstrate basic offensive and defensive principles.
4. Demonstrate improvement in physical conditioning.

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate all the proper skills and techniques related to the different positions of volleyball.
- B. Understand and put into practice all rules and strategies involved in the game of volleyball.
- C. Understand and execute different offensive and defensive philosophies.
- D. Demonstrate improvement in physical conditioning.

V. CONTENT:

A. CONDITIONING

1. Running Program
2. Agility/Speed
3. Plyometrics
4. Reaction/Reflexes

B. SKILL DEVELOPMENT

1. Basic - Bump, Set, Spike, Serve
2. Advance overhead pass and blocking
3. Defensive techniques - rolls and dives
4. Hitting Options

C. GAME STRATEGIES

1. Line -ups 6-0 or 5-1
2. Defensive Alignments
3. Offensive plays and patterns
4. Position responsibilities

D. SCRIMMAGE/GAME PREPARATION

1. Controlled "gamelike" situations
2. Play vs other group

VI. METHODS OF INSTRUCTION:

- A. **Lab** - This course will require various skill sets students will learn through active participation. Demonstrations, visualizations and instructor feedback will be used throughout the semester to ensure students comprehension. Small group discussions, peer review, and mini-lectures that are skill specific.

VII. TYPICAL ASSIGNMENTS:

- A. You will draw a diagram of a 30x30 Volleyball court.
1. In this diagram, you will draw up the different schemes used in the sport of volleyball.
 2. You must illustrate positions for all six players on the court, their role in the position, and create a list of goals using the different defenses.
 3. On the other side of the paper, you must give a narrative of your v=favorite defense used in Women's Intercollegiate Volleyball and explain why you have chosen that particular defense.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Lab Activities
3. Class Performance
4. Other:
 - a. Students will be evaluated through active participation, demonstration of proper techniques as well as comprehension of basic terminology.
 - b. Skills analysis for the following strongly recommended skills:
 1. Bump
 2. Set
 3. Spike
 4. Serve

B. **Frequency**

1. Class participation will be assessed daily
2. Lab work will be assessed twice during the semester
3. Class performance will be assessed on a weekly basis

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: