

Las Positas College
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Course Outline for KIN VB1

VOLLEYBALL BEGINNING

Effective: Spring 2019

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

	<u>MIN</u>	<u>MAX</u>
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
- 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:

- Demonstration** - Aerobic and anaerobic workouts
- Demonstration** - Skill-related volleyball strength building exercises

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:

Methods/Frequency

- Exams/Tests
one time per semester
- Class Participation
assessed daily

IX. TYPICAL TEXTS:

1. Schmidt, B. (2016). *Volleyball Steps to Success* (1 ed.). Champaign, Illinois: Human Kinetics.
2. Bushman, B. (2017). *ACSM's Complete Guide to Fitness & Health Image Bank* (2nd ed.). Champaign, Illinois: Human Kinetics.

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.