

Las Positas College
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Course Outline for KIN VB

VOLLEYBALL

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN VB — VOLLEYBALL — 0.50 - 2.00 units

This course is designed to provide students an opportunity to learn and practice those skills which are acceptable under current rules and interpretations in the game of volleyball; Open to all skill levels.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Volleyball

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

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 knowledge of the rules involved with the game of volleyball;
- B. Demonstrate basic skills required in volleyball, e.g. pass, set, serve, etc;
- C. Demonstrate knowledge of offensive and defensive strategies used in volleyball;
- D. Understand and experience team cooperation and proper conduct (sportsmanship) commonly performed in the game of volleyball;
- E. Develop and/or maintain a level of fitness needed to participate in the sport of volleyball;
- F. Understand the inherent risks involved with volleyball and participate in a safe and wise manner.

V. CONTENT:

- A. Explanation and demonstration of rules associated with volleyball;
- B. Participation in scrimmage situations;
- C. Discussion of game strategies and rule interpretations;
- D. Instruction of setting up and taking down required field and game equipment;
- E. Proper warm up and warm down activities utilized in volleyball;
- F. Participation in skill development and drills associated to volleyball;
- G. Participation in a "hands on" experience via participation in actual team sport games.

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Group and team discussions concerning strategies involved with volleyball
- D. Use of audio visual and intranet educational programs;
- E. Student participation in scrimmages and game situations;
- F. Individual and small group drills for skill amelioration;

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. Underhand Pass B. Class participation in underhand pass drill 1. Class divides up into paired partners and perform underhand pass development drill 2. Class comes together to discuss issues about mastering underhand pass. 3. Class progresses to more advanced and diversified ways the underhand pass is used in a game of volleyball. 4. Students practice on their own against the wall with the underhand pass wall drill C. Skill Building Exercise 1. Students participate in an "all" underhand pass game.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:

a. Methods of Evaluation

1. Student participation
 - a. Participation is evaluated daily
2. Written Exams on rules of each sport covered in class.
 - a. In volleyball is there a situation where a player is allowed to contact the ball in two consecutive hits?
 - b. What is the height of the net for women? _____ for men? _____
3. Skill tests as utilized in volleyball. (e.g. Underhand wall pass timed test.)

B. Frequency

1. Frequency of Evaluation

- a. Final exam via written and physical skills tests;
- b. Daily evaluation of student's progress/ participation level by instructor
- c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. Official Rules of Volleyball United States Volleyball Association Published annually

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation