### **KTEAM 8.3 Course Outline as of Fall 2021**

### **CATALOG INFORMATION**

Dept and Nbr: KTEAM 8.3 Title: ADVANCED VOLLEYBALL Full Title: Advanced Volleyball Last Reviewed: 3/9/2020

Units		Course Hours per Week	ľ	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	2	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PHYED 96.3

#### **Catalog Description:**

Theory and practice of advanced volleyball. Advanced techniques and tactics of tournament competition. This class will include drills, practice, and intensive review of rules and tournament play.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

Course Completion of KTEAM 8.2

#### **Limits on Enrollment:**

#### **Schedule of Classes Information:**

Description: Theory and practice of advanced volleyball. Advanced techniques and tactics of tournament competition. This class will include drills, practice, and intensive review of rules and tournament play. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Course Completion of KTEAM 8.2 Limits on Enrollment:

### **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	I.	Effective: Effective:	Inactive: Inactive:	
<b>IGETC:</b>	Transfer Area	L		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

### CID:

### **Certificate/Major Applicable:**

Major Applicable Course

# **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

- 1. Play competitive volleyball at an advanced level, with the ability to perform beginning through advanced techniques
- 2. Demonstrate ideal body positioning during competitive play
- 3. Understand and apply the written and unwritten rules of play

### **Objectives:**

At the conclusion of this course, the student should be able to:

- 1. Demonstrate advanced level volleyball skills
- 2. Participate in game-like drills in preparation for match play
- 3. Participate in conditioning and stretching, exercises applicable to advanced volleyball
- 4. Demonstrate knowledge of rules, scoring, and etiquette for 2-6 six person match play
- 5. Participate in 2-6 person games
- 6. Develop knowledge of game tactics and strategies for participation in a variety of offensive and defensive systems including play combinations

### **Topics and Scope:**

- I. Individual Skills
  - A. Overhead pass
  - B. Forearm pass
    - 1. serve reception
    - 2. dig
    - 3. free ball
  - C. Serve
    - 1. overhand
    - 2. jump
    - 3. floater
    - 4. top spin

- D. Blocking
  - 1. one player
  - 2. two player
- E. Attacking
  - 1. hard driven spike
    - i. high outside
      - ii. quick attack
  - 2. tip
  - 3. off speed
- II. Team Skills
  - A. Offense
    - 1. 4-2
    - 2. 4-2 international
    - 3. 5-1
    - 4. 6-2
  - B. Defense
    - 1. perimeter
    - 2. rotation
  - C. Serve/receive patterns
  - 1. 5 person "Ŵ"
    - 2. 4 person
    - 3. 3 person
    - 4. 2 person
- III. Match Play Rules and Scoring
  - A. 2 person
  - B. 4 person
  - C. 6 person
  - D. Rally scoring
  - E. Rules and etiquette of play

## Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

- 1. Reading volleyball strategies
- 2. Watching and analyzing volleyball videos
- 3. Diagramming specific offensive and defensive strategies
- 4. Film analysis, written and oral
- 5. Develop and practice offensive and defensive strategies
- 6. Three to five quizzes about rules, concepts, and etiquette; final assessment

# Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course. Writing 0 - 0% **Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Analysis of film and play

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Demonstration and practice of serving, passing, and attacking

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

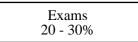
### **Representative Textbooks and Materials:**

Instructor prepared materials

Volleyball Steps to Success. Schmidt, Becky. Human Kinetics. 2015 (classic)

Problem solving
10 - 20%

Skill Demonstrations	
20 - 30%	



Other Category 40 - 50%