

KTEAM 8.2 Course Outline as of Fall 2023**CATALOG INFORMATION**

Dept and Nbr: KTEAM 8.2 Title: INTERMEDIATE VOLLEYBALL

Full Title: Intermediate Volleyball

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	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 96.2

Catalog Description:

Students will learn intermediate-level volleyball skills, participate in match play, and review the rules of the game. Student improvement of individual skills, team techniques, and game strategies will be emphasized.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will learn intermediate-level volleyball skills, participate in match play, and review the rules of the game. Student improvement of individual skills, team techniques, and game strategies will be emphasized. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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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. Perform beginning through intermediate-level volleyball techniques and skills
2. Demonstrate knowledge and application of the written and unwritten rules of play.

Objectives:

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

1. Demonstrate intermediate-level volleyball skills.
2. Perform in game-like drills in preparation for match play.
3. Participate in conditioning and stretching, exercises applicable to intermediate volleyball.
4. Apply the rules, scoring, and etiquette for 2- and 6-person match play.
5. Participate in 2-person, 3-person, 4-person, and 6-person games.

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. Topspin
 3. Jump float
- D. Blocking
 1. One player
 2. Two players
- E. Attacking
 1. Hard driven attack

- a. High pin
 - b. Fast tempo quick
- 2. Tip
- 3. Off speed
- II. Team Skills
 - A. Offense
 - 1. 4-2
 - 2. 5-1
 - 3. 6-2
 - B. Defense
 - 1. Perimeter
 - 2. Rotation
 - 3. Counter rotation
 - C. Serve receive pattern
 - 1. 5-person "W" formation
 - 2. 4-person
 - 3. 3-person
- III. Match play, rules and scoring
 - A. 6-person
 - B. 2-person
 - C. 4-person
 - D. Rally scoring
 - E. Rules and etiquette of play

Assignment:

1. Reading volleyball strategies
2. Watching and analyzing volleyball videos
3. Diagramming specific offensive and defensive strategies
4. Film analysis, written and oral
5. Quizzes (2-5); final assessment
6. Develop and demonstrate offensive and defensive strategies

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

Problem solving
10 - 20%

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

Demonstration and practice of strategies

Skill Demonstrations
20 - 40%

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

Quizzes and final assessment

Exams
20 - 30%

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

Participation and attendance

Other Category
20 - 40%

Representative Textbooks and Materials:

Instructor prepared materials:

The Volleyball Coaching Bible, Volume II Human Kinetics; 2015 (Classic)