

**PHYED 96.2 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 96.2 Title: VOLLEYBALL - INTER.

Full Title: Intermediate Volleyball

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 39.2

**Catalog Description:**

Presentation of intermediate level volleyball skills, participation in match play, and a review of the rules of the game. Improvement of individual skills, team techniques, and game strategies will be emphasized. Enjoyment of the sport of volleyball.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KTEAM 8.1 ( or PHYED 96.1 or PE 39.1 or PE 48.1 or PE 128.1)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Theory and practice of power volleyball. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KTEAM 8.1 ( or PHYED 96.1 or PE 39.1 or PE 48.1 or PE 128.1)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

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

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The primary objective of this course is to continue to provide the student with skill practice to develop intermediate level volleyball skills. Offensive and defensive strategies will be presented in order to provide the student with a better understanding of the game during match play.

At the completion of the course, students will have participated and gained proficiency in intermediate level volleyball skills and developed a greater understanding of match play and game strategies.

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

### **Topics and Scope:**

#### **I. INDIVIDUAL SKILLS**

- A. Overhead pass
- B. Forearm pass in fundamentals
  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
  - 3. zone
- E. Attacking
  - 1. hard drive spike
    - a) high outside
    - b) 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. player-back
    - 2. player-up
    - 3. rotation
  - C. Serve/Receive pattern
    - 1. 5 person "W"
    - 2. 4 person
    - 3. 3 person
- III. MATCH PLAY - Rules and Scoring
  - A. 6 person
  - B. 2 person
  - C. 4 person
  - D. Rally scoring

### Assignment:

### 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.

None

Problem solving  
0 - 0%

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

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

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

Multiple choice, True/false, ATTENDANCE

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
20 - 40%

**Representative Textbooks and Materials:**