

**PHYED 96.2 Course Outline as of Summer 2010****CATALOG INFORMATION**

Dept and Nbr: PHYED 96.2 Title: INTERMEDIATE VOLLEYBALL

Full Title: Intermediate Volleyball

Last Reviewed: 4/25/2016

| 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         | 4.00 | 6            | Lab Scheduled      | 70.00 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 4.00 |              | Contact Total      | 70.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

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.

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

Course Completion of PHYED 96.1

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

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. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 96.1

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>          | Effective: | Inactive: |
| <b>CSU GE:</b>    | <b>Transfer Area</b> | Effective: | Inactive: |

|               |                      |            |           |
|---------------|----------------------|------------|-----------|
| <b>IGETC:</b> | <b>Transfer Area</b> | Effective: | Inactive: |
|---------------|----------------------|------------|-----------|

|                      |              |            |           |           |
|----------------------|--------------|------------|-----------|-----------|
| <b>CSU Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Outcomes and Objectives:**

Upon completion of this course, students will be able to:

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. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**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 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. perimeter
- 2. 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

IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### Assignment:

#### Representative 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. 2 - 5 Quizzes; final assessment
- 6. Develop and practice offensive and defensive strategies
- 7. Repeating students demonstrate an increased level of performance.

### 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: multiple choice, true/false

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