

**PHYED 96.3 Course Outline as of Summer 2010****CATALOG INFORMATION**

Dept and Nbr: PHYED 96.3 Title: ADVANCED VOLLEYBALL

Full Title: Advanced Volleyball

Last Reviewed: 3/9/2020

| 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 | 2            | 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 39.3

**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 PHYED 96.2

**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 PHYED 96.2

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, the student will 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.
7. 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 driven 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 patterns
    - 1. 5 person "W"
    - 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
- 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. Develop and practice offensive and defensive strategies
- 6. 3 - 5 Quizzes about rules, concepts, and etiquette; final assessment
- 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 serving, passing, and attacking

Skill Demonstrations  
20 - 30%

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

Quizzes about rules, concepts, and etiquette

Exams  
20 - 30%

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

Attendance and participation

Other Category  
40 - 50%

**Representative Textbooks and Materials:**

Instructor prepared materials