

CATALOG INFORMATION

Dept and Nbr: PHYED 97.1 Title: BEG. OUTDOOR VOLLEYBALL
Full Title: Beginning Outdoor Volleyball
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	8	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:

Catalog Description:
This activity course is designed to teach basic outdoor volleyball fundamentals and rules of the game. Practice and participation in match play and tournament play will be emphasized.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This activity course is designed to teach basic outdoor volleyball fundamentals and rules of the game. Practice and participation in match play and tournament play will be emphasized. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

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 2006	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 2006	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

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

1. Demonstrate basic individual outdoor volleyball skills.
2. Participate in organized drills necessary for the development of skill proficiency at the beginning level.
3. Execute game-like drills for match play.
4. Perform conditioning and stretching exercises to meet the physical demands of a volleyball tournament.
5. Demonstrate the knowledge of rules, scoring, and etiquette for outdoor tournament play.
6. Demonstrate knowledge of game tactics and strategies for participation in competitive outdoor grass doubles.
7. Explain how to organize an outdoor tournament.

Topics and Scope:

I. Individual Skills

A. Overhand pass

1. Serve reception
2. Defense
3. Free ball

B. Platform pass

1. Serve reception
2. Defense
3. Free ball

C. Serve

1. Overhand
2. Floater
3. Top spin
4. Jump serve

D. Blocking

1. Blocking angle
 2. Blocking line
 3. Blocking ball
 4. Fake blocking and pulling
- E. Attacking
1. Hitting angle
 2. Hitting line
 3. Shooting angle
 4. Shooting line
- F. Setting
1. Hand setting
 2. Platform setting
- II. Team Skills
- A. Offense
1. Utilizing 3 contacts
 2. Utilizing the option play (2 contacts)
- B. Defense
1. 2 player back
 2. Playing behind a blocker
- C. Serve receive
1. Middle responsibility
 2. Line responsibility
 3. Positioning
- III. Tournament Play
- A. 2 person
 - B. 3 person
 - C. 4 person
 - D. Sideout scoring
 - E. Rally scoring
- IV. Tournament Organization
- A. Registration
 - B. Ranking and creating pools
 - C. Scheduling games
 - D. Setting play-off brackets
 - E. Organizing awards

Assignment:

1. Read class handouts.
2. Quizzes on rules and strategies of doubles competition, and tournament organization. 1-2
3. Practicing individual and team skills during class.
4. Performing conditioning exercises during class.
5. Organize and implement a doubles tournament during class.
6. Participate in setting up outdoor courts.
7. Pass and serve skill testing.
8. Participate in 2 person, 3 person, and 4 person competition.
9. Exams, multiple choice, true/false. 3-5

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

Exams
10 - 30%

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

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials

Handout on tournament organization