

KTEAM 8.3 Course Outline as of Fall 2014**CATALOG INFORMATION**

Dept and Nbr: KTEAM 8.3 Title: ADVANCED VOLLEYBALL

Full Title: Advanced Volleyball

Last Reviewed: 3/9/2020

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.50 | Lab Scheduled | 3.00 | 2 | 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: 0.00

Total Student Learning Hours: 52.50

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 96.3

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 KTEAM 8.2 (or PHYED 96.2 or PE 39.2 or PE 48.2 or PE 128.2)

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 KTEAM 8.2 (or PHYED 96.2 or PE 39.2 or PE 48.2 or PE 128.2)

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: |
|---------------|----------------------|------------|-----------|

| | | | | |
|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

| | | | | |
|---------------------|--------------|------------|-----------|-----------|
| UC Transfer: | 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 applicabl 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. Develope knowledge of game tactics and strategies for participation in a variety of offensive and defensive systems including play combinations

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

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

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 flim 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

Volleyball Steps to Success, Gregory, C., Kenny, B., 2006.(classic)