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	N	br 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)

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	I		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area	l		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:

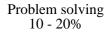
Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

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.

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Analysis of flim and play

Writing 0 - 0%



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

Demonstration and practice of serving, passing, and attacking

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

Quizzes about rules, concepts, and etiquette

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

Attendance and participation

Representative Textbooks and Materials:

Instructor prepared materials

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

Skill Demonstrations				
20 - 30%				

Exams				
20 - 30%				

Other Category 40 - 50%