

**KINT 8.2 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: KINT 8.2 Title: INTERMEDIATE VOLLEYBALL

Full Title: Intermediate Volleyball

Last Reviewed: 2/6/2023

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	6	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: 26.25

Total Student Learning Hours: 78.75

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: KTEAM 8.2

**Catalog Description:**

Students will learn intermediate-level volleyball skills, participate in match play, and review the rules of the game. Student improvement of individual skills, team techniques, and game strategies will be emphasized.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students will learn intermediate-level volleyball skills, participate in match play, and review the rules of the game. Student improvement of individual skills, team techniques, and game strategies will be emphasized. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Perform beginning through intermediate-level volleyball techniques and skills
2. Demonstrate knowledge and application of the written and unwritten rules of play.

**Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate intermediate-level volleyball skills.
2. Perform in game-like drills in preparation for match play.
3. Participate in conditioning and stretching, exercises applicable to intermediate volleyball.
4. Apply the rules, scoring, and etiquette for 2- and 6-person match play.
5. Participate in 2-person, 3-person, 4-person, and 6-person games.

**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. Topspin

3. Jump float

D. Blocking

1. One player

2. Two players

E. Attacking

1. Hard driven attack

- a. High pin
- b. Fast tempo quick
- 2. Tip
- 3. Off speed
- II. Team Skills
  - A. Offense
    - 1. 4-2
    - 2. 5-1
    - 3. 6-2
  - B. Defense
    - 1. Perimeter
    - 2. Rotation
    - 3. Counter rotation
  - C. Serve receive pattern
    - 1. 5-person "W" formation
    - 2. 4-person
    - 3. 3-person
- III. Match play, rules and scoring
  - A. 6-person
  - B. 2-person
  - C. 4-person
  - D. Rally scoring
  - E. Rules and etiquette of play

**Assignment:**

1. Reading volleyball strategies
2. Watching and analyzing volleyball videos
3. Diagramming specific offensive and defensive strategies
4. Film analysis, written and oral
5. Quizzes (2-5); final assessment
6. Develop and demonstrate offensive and defensive strategies

**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

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:

The Volleyball Coaching Bible, Volume II Human Kinetics; 2015 (Classic)