

**KINT 8.3 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: KINT 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: 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 8.3

**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

**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

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. Play competitive volleyball at an advanced level, with the ability to perform beginning through advanced techniques
2. Demonstrate ideal body positioning during competitive play
3. Understand and apply the written and unwritten rules of play

**Objectives:**

At the conclusion of this course, the student should 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

**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
    - i. high outside
    - ii. 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
  - E. Rules and etiquette of play

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following 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. Three to five 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 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

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. Schmidt, Becky. Human Kinetics. 2015 (classic)