

KTEAM 8.2 Course Outline as of Spring 2017**CATALOG INFORMATION**

Dept and Nbr: KTEAM 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: PHYED 96.2

Catalog Description:

Presentation of intermediate level volleyball skills, participation in match play, and a review of the rules of the game. Improvement of individual skills, team techniques, and game strategies will be emphasized.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KTEAM 8.1

Limits on Enrollment:**Schedule of Classes Information:**

Description: Presentation of intermediate level volleyball skills, participation in match play, and a review of the rules of the game. Improvement of individual skills, team techniques, and game strategies will be emphasized. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KTEAM 8.1

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

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

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| UC Transfer: | 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. Ability to play volleyball at an intermediate level
2. Ability to perform beginning through intermediate techniques, and demonstrate ideal body positioning.
3. Demonstrate knowledge and application of the written and unwritten rules of play.

Objectives:

1. Demonstrate intermediate level volleyball skills.
2. Participate in game-like drills in preparation for match play.
3. Participate in conditioning and stretching, exercises applicable to intermediate volleyball.
4. Demonstrate knowledge of rules, scoring, and etiquette for two 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. jump
 3. floater
 4. top spin

- D. Blocking
 - 1. one player
 - 2. two player
- E. Attacking
 - 1. hard drive 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 pattern
 - 1. 5 person "W"
 - 2. 4 person
 - 3. 3 person

III. MATCH PLAY - Rules and Scoring

- A. 6 person
- B. 2 person
- C. 4 person
- D. Rally scoring

Assignment:

Students are expected to spend an additional one and one-half hours per week on studies related to this course.

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. 2 - 5 Quizzes; final assessment
- 6. Develop and practice 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: multiple choice, true/false

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