KTEAM 8.2 Course Outline as of Fall 2023

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	I	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:

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:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	L		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

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:

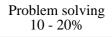
Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

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.

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

Analysis of film and play

Writing 0 - 0%



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

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Demonstration and practice of strategies

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

Quizzes and final assessment

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

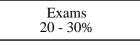
Participation and attendance

Representative Textbooks and Materials:

Instructor prepared materials:

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

Skill Demonstrations 20 - 40%



Other Category 20 - 40%