

**PHYED 96.3 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 96.3 Title: VOLLEYBALL - ADV.

Full Title: Advanced Volleyball

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	2	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 39.3

**Catalog Description:**

Theory and practice of power volleyball. Advanced techniques of tactics in tournament competition. Drills and practice, intensive review of rules; tournament play optional.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KTEAM 8.1 ( or PHYED 96.1 or PE 39.1 or PE 48.1 or PE 128.1)

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

Description: Theory &amp; practice of power volleyball. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KTEAM 8.1 ( or PHYED 96.1 or PE 39.1 or PE 48.1 or PE 128.1)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The primary objective of this course is to continue to provide the student with skill practice to develop advanced level volleyball skills. Offensive and defensive strategies plus play combinations will be presented. Advanced level skills will enhance students enjoyment of the game.

At the completion of the course, students will have participated and gained proficiency in advanced level volleyball skills and developed a greater understanding of game strategies and play combinations.

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 two and six person match play.
5. Participate in 2 person, 3 person, 4 person, and 6 person games.
6. Acquire further knowledge of game tactics and strategies for participation in a variety of offensive and defensive systems plus 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
  - 3. zone
- 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. player-back
    - 2. player-up
    - 3. 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. 6 person
  - B. 2 person
  - C. 4 person
  - D. Rally scoring
- IV. METHODS OF EVALUATION
  - A. Skill demonstration including,
    - 1. serving
    - 2. passing
    - 3. attacking
  - B. Objective examinations
    - 1. rules, scoring, and game etiquette
  - C. Other categories
    - 1. attendance
  - D. Basis for grade:
    - 1. writing assignment (0-0%)
    - 2. problem solving demonstrations (0-0%)
    - 3. skill demonstrations (20-40%)
    - 4. objective examinations (20-40%)
    - 5. other category (40-60%)

**Assignment:**

## 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.

None

Problem solving  
0 - 0%

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

SERVING,PASSING ATTACKING

Skill Demonstrations  
20 - 40%

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

RULES,SCORING, ETIQUETTE

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
40 - 60%

## Representative Textbooks and Materials: