

CATALOG INFORMATION

Dept and Nbr: PHYED 96.3 Title: ADVANCED VOLLEYBALL
Full Title: Advanced Volleyball
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	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 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 PHYED 96.2

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 PHYED 96.2
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

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:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, the student will 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.
7. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

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
 - 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 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
- IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

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. Develop and practice offensive and defensive strategies
- 6. 3 - 5 Quizzes about rules, concepts, and etiquette; final assessment
- 7. Repeating students demonstrate an increased level of performance.

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 flim 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 about rules, concepts, and etiquette

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