

# KIN 0033 - VOLLEYBALL

## Catalog Description

Formerly known as PHED 26

Hours: 36 activity per unit

Description: Fundamental skills, rules, and strategies of volleyball.

Primary emphasis on the application of skills and strategy needed to play volleyball. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate the fundamental skills of power volleyball, which include the serve, set, dink, pass, and hit.
- CSLO #2: Exhibit the ability to function as a member of a team performing in the intra-class tournament with an attitude of fair play, competitive spirit and qualities of leadership.
- CSLO #3: Apply advanced offensive and defensive court strategies.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Demonstrate the fundamental skills of power volleyball which include the serve, set, dig, pass and the hit;
2. Function as a member of a team performing in the intra-class tournament with an attitude of fair play, competitive spirit, and qualities of leadership;
3. Model offensive strategy in team play;
4. Model defensive strategy in team play

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Skill Demonstrations
  - Example: 1. Student will be required to exhibit proper skill performance in executing the forearm pass, the set, and the serve. 2. Student will be able to serve 5/10 overhand serves in the court successfully.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will explain and demonstrate the proper form of the overhand serve. The students will practice this form as well as perform the serve in match play.
2. The instructor will describe and compare defensive strategies. The students will apply these strategies in match play.

Distance Learning

1. Discussion by the instructor on fundamentals of power volleyball. The students discuss this topic in small groups. (Objective 1)
2. Instructor will lead a discussion on the principles of offensive team play. The students will discuss this topic in small groups.

## Typical Out of Class Assignments Reading Assignments

1. Read an article about drills and practice on the fundamental skills of volleyball from one of the main volleyball websites: avca.org, prepvolleyball.com, or volleyballmagazine.com.
2. Search the internet for an article on both offensive and defensive volleyball strategy to read and discuss in class.

## Writing, Problem Solving or Performance

1. Submit a written report identifying strengths and weaknesses of a perimeter versus rotation defense.
2. Student will be given a specific offense to analyze and will report in writing the best method of defense.

## Other (Term projects, research papers, portfolios, etc.)

## Required Materials

- Rules of the Game, Volleyball Casebook
  - Author: Federation International de Volleyball
  - Publisher: FIVB Rules of the Game Commission
  - Publication Date: 2015
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**