

KIN 0087F - THEORY OF VOLLEYBALL

Catalog Description

Formerly known as PHED 89G

Hours: 54 lecture

Description: Study and analysis of competitive volleyball. Emphasis on defense, offense, individual and team skill development, rules and games preparation and strategy. Designed for students with volleyball experience and/or the desire to coach volleyball at any level. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Analyze and develop specific defensive game plans.
- CSLO #2: Develop and utilize scouting forms.
- CSLO #3: Analyze and apply sound body mechanics for efficiency of movement.
- CSLO #4: Analyze and develop specific offensive game plans.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Analyze the basic fundamentals of volleyball including offensive and defensive skill sets.
2. Develop coaching strategies for team offense.
3. Develop coaching strategies for team defense.
4. Formulate a game plan based on a scouting report or game film breakdown from an opponent.
5. Create an offensive and defensive strategy based on a scouting report.
6. Analyze and apply sound body mechanics for efficiency of movement.
7. Construct an organized practice plan for use at high school level or above.
8. Apply the importance of nutrition and physical conditioning for the performing athlete.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Students will discuss the different types of coaching philosophy's and what type they would use while coaching.
- Objective Examinations
 - Example: Example: True or False - A member of the back row can spike over the 10' line.
- Problem Solving Examinations
 - Example: Students will watch a video then compare and contrast the different types of defensive strategies.
- Projects
 - Example: Design a 3-station practice plan utilizing various strategies for hitting an out of system set. Plan will be assessed based upon accuracy in utilizing course material.
- Reports
 - Example: Students will write a 3-page paper that analyzes the mental attitudes of volleyball players.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Lecture and PowerPoint by the instructor on the various aspects of setting mechanics. In-class practical application of students working in small groups on case study scenarios and problem solving hitting solutions.
2. Instructor will provide a PowerPoint lecture/discussion through LMS on developing a practice plan. Instructor will divide students into small groups and supervise their creation of a five practice plan developed for high school volleyball players.

Distance Learning

1. In a lecture/discussion on LMS, the instructor will present the theory and hitting mechanics used to hit down the line shot or sharp angle shot. Instructor will overview and assign the readings associated with the theory from an article from a professional periodical that illustrates a real life application of a theory. After the instructor reviews the writing assignment, students will make a clear comparison with information outlined in the textbook, class lecture and the viewing of game videos. The instructor will evaluate the writing based upon writing competency and content.

Typical Out of Class Assignments

Reading Assignments

1. Read and summarize articles from professional periodicals that illustrate the importance of the mental attitude of volleyball athletes and be prepared to discuss in class. 2. Read Coaching Volleyball publication articles and be prepared to discuss current events that address volleyball issues (i.e., hitting mechanics, setting mechanics, offensive strategies, innovative charting and scouting reports and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Through a class demonstration or video presentation, illustrate 2 different team defensive strategies. 2. Write a comparative analysis of a chosen article relating to the recruiting process of college volleyball players. 3. Compare and contrast the effectiveness off bunch blocking versus pin to pin blocking strategies.

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

1. Compose a four day practice plan implementing offensive and defensive situations for a high school varsity volleyball team. 2. Design a portfolio of 5 drills for defensive skills and 5 drills for offensive skills.

Required Materials

- Coaching Volleyball
 - Author: Cecile Reynaud
 - Publisher: Human Kinetics
 - Publication Date: 2011
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- Volleyball
 - Author: NCAA Rulebook
 - Publisher: NCAA Publications
 - Publication Date: 2019
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:

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