

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 171.1 **TITLE:** Volleyball I
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Basic fundamentals of serving, passing, setting, spiking, and team play. Emphasis on knowledge of rules. Round-Robin team play including tournaments.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a fundamental (beginning) level.
 2. Demonstrate various skills applicable to the sport of volleyball at a fundamental (beginning) level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. To introduce and improve basic skills of volleyball.
 2. To instill knowledge of court coverage in offensive and defensive situations.
 3. To emphasize knowledge of rules and regulations.
 4. To develop qualities of sportsmanship, cooperation, and initiative.

6. **COURSE CONTENT:**
Lab Content:
 - History of volleyball and its influences
 1. origins
 2. world influence
 3. introduction to the United States
 - Physical benefits of volleyball
 1. cardiovascular endurance
 2. improvement of hand/eye coordination
 3. improvement of jumping ability
 - Class orientation; equipment care and set up, safety, (individual and team concepts)
 - Volleyball rules and terminology
 - Officials signals
 - Skill/technique analysis and drills. This includes:
 1. Fundamental posture and stopping
 2. Serving
 3. Forearm pass
 4. Overhand pass
 5. Attack: power, roll shot, tip
 6. Block
 7. Serve/receive (individual)
 - Team play. This includes:
 1. Rotation
 2. Team serve/receive, 'W' serve/receive pattern
 3. 4-2 Offense
 4. 4-2 Defense
 5. Center back deep defense
 - Knowledge of team work, strategy and sportsmanship

- Safety factors related to individual as well as team play
- Factors required for positive team play and cooperation
- Routine participation in:
 1. Performing the basic skills of volleyball including: the forearm and overhead passes, blocking, hitting and serving
 2. Tournament play
 3. A variety of team and individual drills designed to enhance defensive and offensive abilities/skills.
 4. A variety of stretching calisthenics prior to active volleyball participation
 5. Demonstration of appropriate social behavior required for participation with others in a competitive recreational atmosphere

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Cognitive analysis of game competition, with an emphasis on offensive and defensive strategy.

Reading Assignments:

Teacher hand-outs, text and web page reading is required for successful completion of the assigned writing assignment.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Lab Activities
- G. Papers
- H. Quizzes
- I. Simulation
- J. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated hand-outs, web page readings, etc.

Origination Date: February 2017

Curriculum Committee Approval Date: April 2017

Effective Term: Fall 2017

Course Originator: Andreas Wolf