

**College of San Mateo
Official Course Outline**

1. COURSE ID: TEAM 171.4 **TITLE:** Volleyball IV

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:

Designed to teach advanced skills, principles and techniques necessary and fundamental to understanding and playing at an expert level. Emphasis is placed on the 6-2 and 5-1 team offensive/defensive systems and strategies. Includes participation in organized round-robin competition preceded by a brief period of appropriate warm-up and skill development activities.

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 an expert level.
2. Demonstrate various skills applicable to the sport of volleyball at an expert level.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

Upon successful completion of this course, a student will be able to:

1. Demonstrate knowledge of proper and safe volleyball stretching techniques
2. Perform volleyball skills at an expert level
3. Identify the basic components of 6-2 and 5-1 offensive and defensive volleyball systems and strategies
4. Apply safety factors related to individual and team play as well as to court preparation
5. Demonstrate appropriate social behavior required for participation with others in a highly competitive recreational atmosphere
6. Understand and use the U.S.V.B.A. Rulebook
7. Use of proper volleyball etiquette

6. COURSE CONTENT:

Lab Content:

- The rules of volleyball as required by the present level of competition
 - Pre volleyball stretching calisthenics
 - Testing on volleyball etiquette
 - Review of the fundamental components of the 6-2 and 5-1 offensive/defensive volleyball systems and strategies including:
 - Blocking
 - Hitting
 - Serve Receive
 - Hitter Coverage
 - Serving
 - Safety factors related to individual as well as team play
 - Safety factors related to court preparation
 - Factors required for positive team play and cooperation
- B. Routine participation in:
1. Performing the basic skills of volleyball including:
 - forearm pass
 - overhead pass
 - blocking
 - hitting
 - serving

2. Tournament play
 - A. doubles
 - B. 4 on 4
 - C. 6 on 6 (coed and reverse coed)
3. A variety of individual and team drills designed to enhance defensive and offensive abilities and 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 highly 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:

- Explain the fundamental components of the three commonly used offensive/defensive volleyball systems (4-2, 5-1 and 6-2)?
- Describe the main benefits of each of the systems and provide an in-depth analysis of the major differences among the three systems. With the above analysis in mind, which system would likely be considered the most efficient at a highly competitive level?
- Detail your conclusion defending it at both the defensive and offensive aspects of the game.

Reading Assignments:

- Text readings from volleyball rulebook on specific subject areas. Outside readings are minimal since most of the content is discussed in class, providing the student the ability to ask questions and receive immediate feedback from the instructor.
- Teacher hand-outs 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):

Possible textbooks include:

- A. American Volleyball Coaches Association. *Overview - Volleyball Skills and Drills*, 4th ed. Champaign: Human Kinetics, 2014

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Course Originator: Andreas Wolf

