

**College of San Mateo
Official Course Outline**

1. COURSE ID: TEAM 182 **TITLE:** Individual Volleyball Training

Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

A high level of volleyball participation is recommended for the safety of students and the progression (skill development) of the class.

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:

Focuses on mastering individual skills within team concepts. It is designed to improve the individual technique of students wishing to play intercollegiate community college volleyball. Students participate in numerous individual competitive drills and volleyball conditioning to improve fundamental techniques. Demonstration of appropriate skill level is required, and monitored by instructor. May be taken four times for a maximum of 4 units.

4. STUDENT LEARNING OUTCOME(S) (SLO'S):

Upon successful completion of this course, a student will meet the following outcomes:

1. Relate and demonstrate proper individual performance techniques for the skills of volleyball at an advanced level.
2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

Relate and demonstrate proper performance technique for the skills of volleyball at an advanced level:

1. Perform hitting variations (tip and roll shots)
2. Setting regular, out of system, and in play sets.
3. Blocking the outside, middle, and right side.
4. Serve receive passing
5. Explain the relationship of physical fitness and mental and emotional discipline to successful competitive performance in volleyball.
6. Demonstrate proper and safe stretching techniques
7. Refine basic individual techniques necessary to perform base and transition defense.

6. COURSE CONTENT:

Lab Content:

1. Routine participation in:
 - A. A variety of individual drills designed to enhance defensive and offensive abilities/skills.
2. Mechanical analysis and demonstration of fundamental volleyball skills:
 - a. Hitting/Attack shots:
 - a. Line and angle shots
 - b. Quick attack ("Ones", slides, combination plays)
 - c. Tip shots
 - d. Roll shots
3. Setting regular and quick sets
 - a. Front sets
 - a. Back sets
4. Blocking: middle and outside
5. Serves: floater and spin
6. Serve/receive

7. A variety of stretching calisthenics prior to active volleyball participation
8. Defenses: Perimeter and rotation
9. Value of physical fitness and mental and emotional discipline.
10. The rules of volleyball as required by present level of competition
11. Safety factors related to individual as well as team play
12. Safety factors related to court preparation

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:

- A. What are the fundamental components of the two commonly used offensive/defensive volleyball systems (5-1 and 6-2)?(1-3 pages once a semester)
- B. Describe the main benefits of each of the systems and provide an in-depth analysis of the major differences among the three systems. Now, with the above analysis in mind, which system would likely be considered the most efficient at a highly competitive level? (1-3 pages once a semester)
- C. Detail your conclusion defending it at both the defensive and offensive aspects of the game.(1-3 pages once a semester)

Reading Assignments:

- A. (3-5 pages weekly readings) 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.
- B. Teacher hand-outs and web page reading, is required for successful completion of the assigned writing assignment. (1-3 pages per week)
- C. NCAA rulebook

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. Portfolios
- I. Quizzes
- J. Written examination
- K. Students will be tested on the rules of volleyball and volleyball etiquette. Demonstration of topic knowledge through written examinations and/or practical examinations and quizzes on: a. Mechanical analysis of volleyball skills. b. Rules

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Oldenburg, Steve. *Complete conditioning for volleyball*, ed. Human Kinetics, 2015

Possible manuals include:

- A. NCAA. NCAA Rulebook, NCAA, 09-09-2015

Other:

- A. USVBA, Volleyball Rules, United States Volleyball Association, published annually.
- B. Instructor generated handouts.

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Course Originator: Andreas Wolf