

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 171.2 **TITLE:** Volleyball II
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education
CSU GE:
 CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Continuation of TEAM 171.1. Provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions when using the 6-2 volleyball system.

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

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Distinguish between beginning and intermediate volleyball skills.
 2. Compare and contrast offensive and defensive tactics between the 4-2 and 6-2 systems;
 3. Identify rules, safety procedures, and terminology;
 4. Apply principles of fitness, social skills and volleyball skills for lifetime enjoyment;
 5. Apply principles of proper body mechanics by diagnosis, analysis, and application of proper techniques;
 6. Demonstrate appropriate social behavior required for participation with others in a highly competitive recreational atmosphere;
 7. Demonstrate personal skill development and increased knowledge of the subject matter through written and practical testing;
 8. Increase fitness and coordination levels through practice and game drills.

6. **COURSE CONTENT:**
Lab Content:
 - Rules and regulations of collegiate and international volleyball
 - Class orientation; equipment care and set up, safety, (individual and team concepts)
 - A variety of stretching calisthenics prior to active volleyball participation
 - Review of Pass, Set, Rules
 1. body positioning
 2. lateral movement
 - Setting Strategy
 1. back set
 2. shoot set
 3. one set
 4. two set
 - Serve Strategy
 1. review of overhead serve
 2. placement
 3. the floater
 - Spike Strategy
 1. down the line hit
 2. cross court hit

- 3. middle hit
- 4. the dink
 - Blocking Strategy
- 1. reading the spiker
- 2. alignmen
- 3. 2-man block
 - Offensive Pattern: 6-2 system
- 1. hitter coverage
- 2. court positioning
 - Defensive Positioning: 6-2 system
- 1. blocker coverage
- 2. middle back defense
- 3. down ball and freeball plays
- 4. the libero
 - Knowledge
- 1. Team work
- 2. Strategy
- 3. Sportsmanship
- 4. Demonstration of appropriate social behavior required for participation with others in a competitive recreational atmosphere
- 5. Transition plays
 - Communication skills
 - Tournament play
- 1. Co-Ed
- 2. Reverse Co-Ed
 - Drills designed to enhance defensive and offensive abilities/skills.

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:

Written cognitive analysis of game competition, with an emphasis on the 6-2 offensive and defensive strategy.

Reading Assignments:

Textbook reading assignments in preparation for in-class activities.

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. Quizzes
- H. Simulation
- I. 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: Katie Goldhahn