

College of San Mateo
Official Course Outline

1. COURSE ID: TEAM 171.3 **TITLE:** Volleyball III

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:

A course with emphasis on refinement of the basic fundamentals of volleyball as well as the more advanced aspects of setting, hitting, and serving. The 6-2 and 5-1 offensive and defensive systems of play are emphasized. Round robin team play is involved.

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

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Demonstrate knowledge of proper and safe stretching techniques.
2. Apply principles of proper body mechanics by diagnosis, analysis, and application of proper techniques.
3. Diagram and execute a 5-1 and 6-2 offensive and defensive systems of play.
4. Appraise each game situation by utilizing appropriate strategy, both offensively and defensively.
5. Apply safety factors related to individual and team as well as to court preparation.
6. Demonstrate appropriate social behavior required for participation with others in a highly competitive recreational atmosphere.
7. Identify and apply the United States Volleyball Association rules.
8. Demonstrate personal skill development and increased knowledge of the subject matter through written and practical testing.
9. Define correct terminology, playing rules, and safety rules.
10. Analyze fitness and volleyball skills for lifetime enjoyment.
11. Perform specific skills at the advanced level using proper technique.
12. Identify the key teaching points of all the fundamental skills.
13. Identify the signals used by the referee and umpire in a regulation volleyball match.

6. COURSE CONTENT:

Lab Content:

- Class orientation; equipment care and set up, safety, (individual and team concepts)
- Pre volleyball stretching calisthenics
- USVBA Volleyball rules and terminology
- Skill/technique analysis and drills (covering one individual technique per session) This includes:
 1. Fundamental posture and stopping
 2. Serving
 3. Forearm pass
 4. Overhand pass
 5. Attack
 6. Block
 7. Serve/receive (individual)
- Team play. This includes:

1. Rotation
 2. Team serve/receive, 'W' serve/receive pattern
 3. 5-1 and 6-2 Offense
 4. 5-1 and 6-2 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:
 - Tournament play
 - Co-Ed
 - Reverse Co-Ed
 - six on six, doubles and four on four.
 - A variety of team and individual drills designed to enhance defensive and offensive abilities/skills.
 - A variety of stretching calisthenics prior to active volleyball participation
 - Demonstration of appropriate social behavior required for participation with others in a highly competitive recreational atmosphere
 - Individual and Team Skill Development:
 1. Forearm pass
 2. Overhead serve (overhead serve: floater, topspin; jump serve)
 3. Set (Back two; back one; Five front and back; One/quick; ten; two; one; shoots and stacks)
 4. Attack; (Back two; back one; Five front and back; One/quick; ten; two; one; shoots and stacks)
 5. Block
 6. Dig

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:

Writing Assignments: Analysis of a college level volleyball match for application of skills, techniques and strategies related to either the 5-1 or 6-2 systems.

Reading Assignments:

- Text readings on specific subject areas.
- 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. Projects
- 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: Katie Goldhahn