



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** ATH 13B                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 13B & PE 13B

**TERM EFFECTIVE:** Fall 2022                      **CURRICULUM APPROVAL DATE:** 12/13/2022

**SHORT TITLE:** FUNDAMENTALS OF VOLLEYBALL

**LONG TITLE:** Fundamentals of Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72
		Total Learning Hrs:	108	

#### **COURSE DESCRIPTION:**

This course offers review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 13B and KIN 13B. **ADVISORY:** PE 13A or KIN 13A or ATH 13A.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 1 times

## SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate advanced skills specific to passing, setting, hitting, serving, blocking, and defense.
2. Recognize and analyze advanced strategies and a variety of offensive and defensive schemes and apply them to game play.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Explain and demonstrate a run through, dive, and roll.
2. Discuss and demonstrate combination hits and include them in the various serve receive rotation positions.
3. Demonstrate their skills including blocking, offensive and defensive positioning, and the rules of the game through inter-class play and by umpiring/refereeing.

## CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 12/13/2022

### LECTURE CONTENT:

5 Hours

Lecture Content: Introduction and discussion of course syllabus and grading procedures. Review of equipment needs and additional conditioning and stretching for volleyball. Advanced passing and setting. More detailed instruction in the essential fundamentals of passing and setting, including the stance, foot positions and mechanics involved in each skill. Advanced serving. Advanced serving fundamentals including stance, ball toss, arm swing, contact point, and approach will be presented.

4 Hours

Lecture Content: Advanced hitting. Advanced fundamental mechanics involved in hitting such as the one foot approach with different hitting options and combination hits will be presented. Advanced defense. Defensive position, movement, and team philosophy will be reviewed. Defensive drills such as run through and rolling will be introduced. Advanced team defense, such as read defense and rotation defense will be presented.

3 Hours

Lecture Content: Introduction of combination hitting. Discussion on the strategies involved in using combination hitting.

4 Hours

Lecture Content: Review of the rules of the game. Lecture, discussion, and test on the rules of the sport of volleyball. Presentation on blocking, including form and footwork. Semester review.

2 Hours

Final.

**LAB CONTENT:**

15 Hours

Lab Content: Introduction and discussion of course syllabus and grading procedures. Review of equipment needs and additional conditioning and stretching for volleyball. Advanced passing and setting. More detailed instruction in the essential fundamentals of passing and setting, including the stance, foot positions and mechanics involved in each skill. Advanced serving. Advanced serving fundamentals including stance, ball toss, arm swing, contact point, and approach will be presented. In addition to reviewing the float and topspin serve, advanced serves such as the jump serve and one foot jump floater will be taught. Service areas will also be discussed. Students who repeat this class will become more proficient in advanced skills through the repetition of the advanced drills in this course. Those who repeat the class will be able to serve at a 60% success rate in specific service areas as called by the instructor.

12 Hours

Lab Content: Advanced hitting. Advanced fundamental mechanics involved in hitting, such as the one-foot approach with different hitting options and combination hits will be presented. Advanced defense. Defensive position, movement, and team philosophy will be reviewed. Defensive drills such as run through and rolling will be introduced. Advanced team defense, such as read defense and rotation defense will be presented. Defensive drills such as 3 person and 5 person defense will be reviewed. The material will be presented through lectures, demonstrations, video, live games, and guided practices. Students who repeat this class will become more proficient in these advanced skills (one foot approach and combination hits) through repetition of the drills in this course. They will become more advanced defenders.

9 Hours

Lab Content: Continue to practice hitting different sets (1 - 5). Introduction and practice of combination hitting. Continue practice of serve receive rotation and, when ready, incorporate this with combination hitting. Students who repeat this course will become more proficient in executing hitting skills through repeated supervised practice.

16 Hours

Lab Content: Review of the rules of the game. Lecture, discussion, and test on the rules of the sport of volleyball. Introduce blocking, including form and footwork. Inter-class play, which may include a tournament. Semester review. A student's ability to execute advanced skills, combination plays, and offensive and defensive schemes will be evaluated. Students who repeat this class will demonstrate their knowledge of the rules by umpiring/refereeing scrimmages and making the correct calls depending on the violation. Students who repeat the course will become more proficient at blocking through supervised practice.

2 Hours

Final.

**METHODS OF INSTRUCTION:**

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussion.

## **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours 10

### Assignment Description

Homework: Students will develop a list of stretching and conditioning exercises explaining the specific benefits to volleyball players. They will watch several matches and write descriptions of the advanced setting and passing skills shown. The students will have someone video-tape them performing the jump and one foot jump floater serves so they can evaluate their serving technique.

Required Outside Hours 8

### Assignment Description

Homework: Students will attend a match and analyze hitting techniques. They will make a list of the advanced hits used, which will be discussed in class. Students will watch a match and/or videos and share observations of defensive

techniques. They will watch a collegiate level match and chart what defenses are being used. They will also note what adjustments are being made.

Required Outside Hours 6

### Assignment Description

Homework: Students will watch and evaluate players in a match situation, analyzing the effectiveness of combination hits. They will chart the various serve receive rotations and be able to explain them to the class.

Required Outside Hours 12

### Assignment Description

Homework: Students will analyze a referee and/or umpire's performance. They will watch a match and write a critique utilizing the information gained in class. Outside of class students will meet to review for the written and/or practical final.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 10

Evaluation Description

10% - 20% Written Homework

Skill demonstrations

Evaluation Percent 50

Evaluation Description

40% - 60% Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

10% - 20%

Multiple Choice,

True/False,

Matching Items,

Completion

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

20% - 40% Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201770

UC TRANSFER:

Transferable UC, effective 201770

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000533485

Sports/Physical Education Course: Y

Taxonomy of Program: 083550