

Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: B. Ferguson
Reviewed by G. Golling
Date Reviewed: Spring 2013
C&GE Approved: January 18, 2013
Board Approved: February 13, 2013

Physical Education (PHED) 1528 Beginning Volleyball (1 or 2 Units per semester) CSU:UC
(formerly Physical Education 28ABCD)

Prerequisite: None

Total Hours: 48 lab hours for 1 unit; or 96 lab hours for 2 units

Catalog Description: This activity course introduces the fundamental skills critical to playing volleyball.

Type of Class/Course: Degree Credit

Text: Brown, Lee E., Vance Ferrigno. *Training for Speed, Agility, and Quickness*. 2nd ed. Champaign, IL: Human Kinetics, 2005. Print.

American Volleyball Coaches Association (AVCA). *The Volleyball Drill Book*. 2nd ed. Champaign, IL: Human Kinetics, 2012. Print.

Additional Instructional Materials: Volleyball Equipment

Course Objectives:

By the end of the course, a successful student will be able to

1. Improve fundamental skills of:
 - a. Serving,
 - b. Passing,
 - c. Setting,
 - d. Attacking,
 - e. Blocking, and
 - f. Digging.
2. Improve agility, strength, jumping and overall conditioning and
3. Apply volleyball techniques through game experience.

Course Scope and Content (laboratory):

Unit I	Volleyball essential skills
	A. Serving
	B. Passing
	C. Setting
	D. Attacking
	E. Blocking

F. Digging

- Unit II Conditioning
 - A. Agility
 - B. Strength
 - C. Jump Training
 - D. Endurance

- Unit III Offense
 - A. Serving
 - B. Passing
 - C. Setting
 - D. Attacking

- Unit IV Defense
 - A. Blocking
 - B. Digging

- Unit V Basic rules of the game
 - A. Offensive Rules
 - B. Defensive Rules
 - C. Transitioning
 - D. Sportsmanship and ethics

- Unit VI Basic Team Strategy
 - A. Serve Receive
 - B. Offensive Systems
 - C. Hitter Coverage
 - D. Defensive Systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice,
2. Studying multimedia presentations, and
3. Reading from the textbook.

Methods of Instruction:

1. Practice of:
 - a. Individual skills,
 - b. Offense, defense, serve receive, hitter coverage and transition
2. Oral Instruction on the basic rules of the game,
3. Oral Instruction in team strategy,
4. Demonstration, and
5. Multimedia.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams and
 - b. Team competition, and
2. Written assignments.