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Physical Education (PHED 1728 Offseason Intercollegiate Volleyball (1 or 2 units per semester; limit 8 units) CSU
(formerly Physical Education 28ABCD)

Prerequisite: None

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

Catalog Description: This offseason course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text: Brown L., Ferrigno V. *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 offseason fundamental skills of:
 - a. Serving,
 - b. Passing,
 - c. Setting,
 - d. Attacking,
 - e. Blocking, and
 - f. Digging,
2. Improve agility, strength, jumping and overall conditioning during the offseason, and
3. Apply intercollegiate volleyball techniques through game experience.

Course Scope and Content (laboratory):

Unit I	Essential Offseason Skills
	A. Serving
	B. Passing

- C. Setting
- D. Attacking
- E. Blocking
- F. Digging

Unit II Offseason Conditioning

- A. Agility
- B. Strength
- C. Jump Training
- D. Endurance

Unit III Offseason Offense skills

- A. Serving
- B. Passing
- C. Setting
- D. Attacking

Unit IV Offseason 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 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 and
 - 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,
 - b. Team competition, and
2. Written assignments.