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Physical Education (PHED) 1509 Women's Intercollegiate Volleyball (2 Units; limit 4 Units) CSU:UC
[formerly Physical Education 9A]

Advisory: Experience in playing competitive volleyball is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary 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 consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

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: None

Course Objectives:

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

1. gain participation in a team sport,
2. participate competitively, and
3. further her athletic abilities in volleyball.

Course Scope and Content:

Unit I Training and Conditioning for Volleyball

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

Unit II Basic Skills Performed in Volleyball

- A. Serving
- B. Passing

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

Unit III Rules and Strategies of Team Play

- A. Offensive Rules
- B. Defensive Rules
- C. Transitioning
- D. Sportsmanship and ethics
- E. Serve Receive
- F. Offensive Systems
- G. Hitter Coverage
- H. Defensive Systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice
2. Working on individual skills,
3. Keeping a notebook using class materials,
4. Studying multimedia presentations and
5. Reading of the textbook

Methods of Instruction:

1. Practice of basic skills and techniques,
2. Basic training programs,
3. Practice games, and
4. Intercollegiate competition
5. Oral instruction and
6. Multimedia presentations

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. performance exam
 - b. Intercollegiate games
2. Written assignments