

## **COURSE OUTLINE** **Volleyball**

**Course Description: PE 139. Volleyball.** 1 hour credit. This course will enable the student to develop the fundamental skills of volleyball through game participation.

**Course Relevance:** Volleyball activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

**Required Materials:** None.

### **Learning Outcomes:**

The intention is for the student to be able to:

1. Demonstrate the fundamental skills of volleyball
2. Describe the basic rules and scoring of the game

### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course:**

Through the student involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
  - The student will apply a physically active lifestyle that helps establish the foundation of the practical principles necessary for a lifetime of successful health management.

Secondary skills (developed but not documented):

Self-concept  
Time management

### **Major Summative Assessment Task:**

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Demonstration of the fundamental technique skills of volleyball during game participation

### **Course Content:**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. Health benefits of fitness lifestyle involving volleyball
  - B. Proper form and techniques for volleyball

- II. Issues – Key issues that will be addressed in this course:
  - A. Applying the intrinsic motivation to maintain a lifestyle of physical activity
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Identifying the physiological advantages to regular exercise
  - B. Repetition of basic volleyball skills in game situations
- IV. Skills / Competencies – Actions that are essential to achieve the course outcomes:
  - A. Demonstrate proper technique for serving
  - B. Demonstrate proper technique for a forearm pass
  - C. Demonstrate proper technique for an overhead pass (set)
  - D. Demonstrate proper technique for a spike
  - E. Demonstrate proper technique for a block

### **Learning Units:**

- I. Demonstrate proper technique for basic volleyball skills
  - a. Demonstrate proper technique for serving
  - b. Demonstrate proper technique for a forearm pass
  - c. Demonstrate proper technique for an overhead pass (set)
  - d. Demonstrate proper technique for a spike
  - e. Demonstrate proper technique for a block
- II. Explain team concepts for volleyball
  - a. Contrast different concepts for offensive systems
  - b. Contrast different concepts for defensive systems
- III. Explain the rules and scoring procedures for volleyball
  - a. Explain the basic rules for volleyball
  - b. Explain the scoring procedures for volleyball

### **Learning Activities:**

Independent and collaborative learning activities will be assigned within and outside the college classroom to assist the student in achieving the intended learning outcomes. Examples of activities which contribute to the learning process include: instructor lectures, audio-visual aids, group discussion, guest speakers, drills / skill practice and team competition.

### **Grade Determination:**

Grade determinates may include the following: attendance, daily activity class participation; skill demonstration and other methods of evaluation employed at the discretion of the individual instructor. These methods may be used individually or in combination by all instructors.