

Lassen Community College Course Outline

PEAC-9 Women's Varsity Volleyball

3.0 Units

I. Catalog Description

Intercollegiate Women's Varsity Volleyball Competition. This course may be taken for a total of two enrollments. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year.

Transfers to both UC/CSU

170 Hours Lab

Scheduled:

II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform volleyball skills in game play at a level appropriate for continued participation in intercollegiate volleyball at a two-year or four-year institution.

B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Demonstrate volleyball skills necessary to compete at an intercollegiate level. These skills include passing, setting, serving, blocking, spiking, digging, and defensive techniques.
2. Perform individual skills of ball handling, passing, serving, setting, hitting, blocking, spiking, digging, defensive techniques and control.
3. Utilize knowledge of offensive and defensive team play to apply skills and strategies to increasingly more complex situations.
4. Demonstrate knowledge of special situations including hitter coverage, zone serving, blocker coverage, screening, tip coverage, and home base positioning and appraise and apply the knowledge of a 5-1 and/or a 6-2 offense in match play
5. Demonstrate and apply the advanced rules of volleyball in typical situations, and be expected to role-model these situations for new enrollees.
6. Demonstrate volleyball skills necessary to compete at an intercollegiate level. These skills include passing, setting, serving, blocking, spiking, digging, and defensive techniques, as well as perimeter defense and rotation defense.

IV. Course Content

1. Demonstration and drills/practice of volleyball skills, including: passing, setting, serving, blocking, spiking, digging, and defensive techniques.
2. Drills and scrimmages designed to improve the individual and collective performance of fundamental volleyball skills.
3. Demonstration of offensive and defensive strategies during practice, and during competition.
4. Drills that teach and reinforce a 5-1 and/or 6-2 offense.
5. Drills to teach and reinforce advanced offense training using quick and combination attack.
6. Drills which promote quick and efficient movement.
7. Drills which promote advanced defense training, using perimeter, rotation and defensive strategies.
8. Drills which enhance the strength and physical conditioning of the participant.
 - A. Conditioning - Basic
 1. Warm-ups
 2. Aerobic Activity
 3. Drills/Weights/Exercises
 - B. Individual Skills - Basic
 1. Ball Handling
 2. Passing
 3. Serving
 4. Setting
 5. Hitting
 6. Footwork/Transitioning from Offense to Defense
 - C. Rules of the Game - Basic
 1. Court & Equipment/Lines in feet net height, boundaries.
 2. Basic Positions
 3. Basic Knowledge of Penalties: Antenna, Back Row, Rotational, Blocker violations, center line cross, substitution errors, court etiquette.
 - D. Offensive Strategies
 1. 5-1
 2. 6-2
 3. 6-3
 4. 4-2
 - E. Defensive Strategies
 1. Blocking
 2. Read Sequencing
 3. Basic Defensive Alignments
 4. Ball Reception, Free Ball/Down Ball, W/Block, W/OutBlock
 - F. Special Skills/Situations - Basic
 1. Zones
 2. Coverage
 3. Home Base Positioning

4. Setting the Block
 5. Tipping and Tip Coverage
 6. Hitter Coverage/Hitter Placement
 7. Screening the Serve
- G. Game Play
Scrimmages/Intercollegiate games

Methods of Instruction:

Methods of Instruction may include, but are not limited to, the following:

Audio/Visual Aids-
 Demonstration-
 Discussion-
 Field Trips-
 Group Exercises-
 Guest Speakers-
 Individualized Programs-
 Lab-
 Lecture-
 Other (Specify)-
 Intercollegiate competition

V. Assignments

A. Appropriate Readings

Types of Assignments may include, but are not limited to, the following: Textbook Reading-

Skills Demonstration-
 Problem Solving Exercise-
 Essay Writing-
 Oral Presentation-
 Group Projects-

B. Writing Assignments

Maintain a comprehensive notebook of class materials and information.

C. Expected Outside Assignments

Critiquing of opponents and self through the use of video and/or observation.

D. Specific Assignments that Demonstrate Critical Thinking

Students will demonstrate critical thinking during scrimmages and intercollegiate games.

VI. Methods of Evaluation

Methods of Evaluation:

Methods of Assessment may include, but are not limited to, the following:

Essay Exams- Class Participation-
 Multiple Choice Exams-
 Short Answer/Fill-In Exams-
 Problem Solving Exams-
 Assignments-
 Other- Skills demonstrations, intercollegiate competition

Example #1: To demonstrate advanced ball passing, the instructor will observe and

evaluate student performance in a scrimmage and/or game situation requiring a student to pass a ball to a specific target, at various height and distance. Competency is demonstrated by the student through the ability to control the ball from various positions on the court, and at different speed and heights, measured by stats, showing higher accuracy percentiles during second enrollment, overall.

Example #2: To demonstrate analysis and response to simple game situations, the instructor will observe and evaluate student judgement and performance in scrimmage and/or game situations. Competency is demonstrated by the student through the ability to make correct strategy decisions (pass, read, adjust, base-to-defense positioning, etc.) and apply the appropriate technique (proper defense/offense, being under the ball, stance stationary, platform extended) in a majority of all situations with an increasing level of proficiency depending on enrollment (beginner, intermediate, advanced).

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

- Traditional Classroom Delivery Correspondence
Delivery Hybrid delivery Online Delivery

1. Instructor will explain and demonstrate methods of physical conditioning appropriate to the sport. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to judge their own physical condition and will learn self-selection of the appropriateness and extent of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then supervise students in the performance of drills to gain mastery of the skill. Instructor will provide feedback and instruction as needed.
3. For strategy skills, the instructor will use appropriate diagrams to introduce the strategy and then conduct appropriate group drills to illustrate the skill. Utilizing scrimmage and game situations, the instructor will follow each student's selection and execution of the appropriate strategies and provide group and individual feedback.
4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design, and conduct drills to reinforce rules, and provide feedback to students during scrimmage and gamesituations.

VIII. Representative Texts and Supplies

Textbooks/Resources (for degree applicable courses): The most current rules from the NCAA website.

- <https://www.ncaa.org/playing-rules/womens-volleyball-rules-game>

May also include periodicals, software, and other resources.

IX. Discipline/s Assignment

Coaching, Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 5/15/1990

Revised By: Toni Poulsen and Alison Somerville

Curriculum/Academic Standards Committee Revision Date:-04/06/2021

Revised for IPR, no change: 03/15/2022