Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07   Date approved:

Department and Course Number: PE 1013

Title of Course: Volleyball

Number of credits: Lecture   Lab   1

Catalog/Course Description:

Learn to play power volleyball as you see it played in competition. Take the skills of pass, set, spike, block, and serve and coordinate them into a well-played game.

Placement for Success prerequisites: (See instruction sheet)

Reading: Level 1   English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Special Information:
This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Textbook: *Winning Edge Series: Volleyball*

Relationship of proposed course to the department mission and goals

This course develops skills in a team sport of volleyball. It meets the department

mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:
Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime team sport-volleyball.
Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)
    State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use terminology, rules, etiquette and safety during play.
    Assessment: Written exam
    Assessment: Self assessment
Outcome: To demonstrate during play the ability to execute:
  -Overhead serve
  -Set
  -Fore-arm passing
  -Spike
    Assessment: Self-assessment
    Assessment: AAHPERD skills tests
    Assessment: Game play in class
Outcome: To score a game.
    Assessment: Written exam
    Assessment: Self appraisal
Outcome: To demonstrate the ability and skills necessary to execute the following during game play:
  -4-2 offense
  -6-2 offense
  -5-1 offense
  -block coverage

‑spike coverage
    Assessment; Self‑assessment (performance check‑off)
    Assessment: Written exam
    Assessment: AAHPERD skills test

Course content:
(Provide an outline of major topics covered in course)

‑Brief Overview
   ‑History
   ‑Rules
   ‑Safety
   ‑Scoring
‑Basic Skills
   Ball Handling
     ‑Overhead Pass‑Set
     ‑Forearm Pass
     ‑Serve
     ‑Spike
‑Cardiovascular endurance role of volleyball
‑Offensive and defensive strategies
   ‑4‑2
   ‑5‑1
   ‑6‑2
   ‑spike coverage
   ‑block coverage
   ‑service reception
‑Lecture/practice in class of above skills
‑Implementation of these skills in limited game situations

Placement for Success prerequisite
Check one of each area‑‑English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X