

*Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 175A – Beginning Volleyball

1 hour lecture, 1 unit
1 hour laboratory, 0 units
Total units: 1 unit

Catalog Description

Competency development in the team sport of volleyball with an emphasis on individual techniques and team strategy.

Prerequisite

None

Course Content

Review of fundamental volleyball skills and techniques:

- 1) Serves
- 2) Sets
- 3) Digs
- 4) Spikes
- 5) Rules
- 6) Player's responsibilities
- 7) Offensive and defensive play (team)
- 8) Team overall strategy

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, use of terminology and scoring of volleyball.
- 2) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout their life.
- 3) Demonstrate individual ball handling and body control skills at a beginning level.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of exercises and other activities appropriate for their physical conditions and limitations.
- 2) Objective skills testing that measures students' proficiency and improvement in all fundamental/beginning skills of volleyball as well as offensive and defensive tactics and strategies in a competitive setting.
- 3) Objective skills testing that measures students' proficiency and improvement in performing appropriate exercises and activities given their physical abilities.

Special Materials Required of Student

None

Minimum Instructional Facilities

Regulation volleyball court, volleyballs

Method of Instruction

- 1) Lecture and demonstration
- 2) Practice

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** goals paper, fitness log, and more.
- 3) **Other:** analysis of competitive volleyball (as seen live and in available media).

Texts and References

- 1) Required (representative example): 2023-2025 USAV Indoor Rules Book (available on the USA Volleyball website)
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Use the forearm pass, overhand pass, front set, spike, block and underhand serve in a game situation.
- 2) Employ a 4-2 offense in a game situation.
- 3) Use a one-on-one blocking technique when appropriate in a game situation.
- 4) Exhibit good sportsmanship and volleyball etiquette.
- 5) Identify safety practices in volleyball.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Define beginning-level volleyball terms.
- 2) Describe volleyball scoring.
- 3) Identify appropriate volleyball etiquette.
- 4) Demonstrate volleyball skills appropriate for competition, recreation, and fitness-enhancing play at the beginning level.