

*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 175C – Advanced Volleyball**

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

**Catalog Description**

Continuation of ES 175B with emphasis on advanced play and strategy and four-person teams.

**Prerequisite**

None

**Recommended Preparation**

"C" grade or higher or "Pass" in ES 175B or equivalent

**Entrance Skills**

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Use a two-player block, backset and overhand serve in a game situation.
- 2) Explain the principles of a perimeter defense and employ it in both blocking and non-blocking situations.
- 3) Employ a 6-2 offense in a game situation.
- 4) Express volleyball rules relating to faults and court positions.
- 5) Explain strategic requirements for two- and three-player volleyball.
- 6) Relate current trends in volleyball at collegiate and international levels.
- 7) Identify local opportunities for play at the player's level of skill.

**Course Content**

Review of the fundamental volleyball skills and techniques:

- 1) Serves
- 2) Sets
- 3) Digs
- 4) Spikes
- 5) Rules
- 6) Player's responsibilities
- 7) Offensive play (team)
- 8) Defensive play (team)
- 9) 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 one's life.
- 3) Demonstrate individual ball handling and body control skills at an advanced 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 that are appropriate for their physical conditions and limitations.
- 2) Objective skills testing that measures students' proficiency and improvement in all fundamental and advanced 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

**Student Learning Outcomes**

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

- 1) Define advanced-level volleyball terms.
- 2) Describe competitive strategies of volleyball by position.
- 3) Identify appropriate volleyball etiquette.
- 4) Demonstrate volleyball skills appropriate for competition, recreation, and fitness-enhancing play at the advanced level.