GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 231 – ADVANCED TECHNIQUES AND STRATEGIES OF INTERCOLLEGIATE VOLLEYBALL

1. Course Number Course Title Semester Units Semester Hours

ES 231 Advanced Techniques 1 1 hour lecture: 16-18 hours

and Strategies of 1 hour lab: 16-18 hours Intercollegiate Volleyball 32-36outside-of-class hours for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

None.

3. Catalog Description

This course is designed for advanced volleyball players who are proficient in the fundamental skills and have knowledge of the basic rules of the game. Instruction is geared toward advanced techniques, strategies, and team play. Serves as the Non-traditional Seasonpreparation course for the intercollegiate team.

4. Course Objectives

The student will:

a. Demonstrate the advanced volleyball skills.

b. Discuss team terminology used in the game of volleyball.

c. Explain the rules of volleyball.

d. Diagram the team offensive strategies and patterns (5-1 and 6-2).

e. Discuss advanced strategies used in volleyball.

f. Analyze team offensive patterns and defensive positioning.

g. Measure performance statistically.

h. Analyze opponents’ offensive and defensive tactics and respond accordingly.

5. Instructional Facilities

1. Access to the internet
2. Regulation NCAA gymnasium volleyball court.
3. Standard classroom and film room.

6. Special Materials Required of Student

a. Notebook and pencils.

b**.** Proper volleyball attire including proper footwear for a gymnasium floor.

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7. Course Content

a. Rules and terminology of the game.

b. Offensive and defensive patterns and diagrams.

c. Fundamental individual and team skills.

d. Analytic approach to opponent’s offense and defense.

8. Method of Instruction

a. Classroom lecture, on-court lectures, and demonstrations.

b. Individual and group practice**.**

c. Video analysis.

9. Methods of Evaluating Student Performance

a. Observation of students’ fundamental volleyball performance in game and practice situations.

b. Daily charts and records of student performance and skills.

c. Skill performance exam including final skill performance.

d. Written exams on NCAA rules and offensive and defensive strategies.

10. Outside Class Assignments

a. Textbook reading assignments.

b. Scouting, reports.

c**.** Evaluation reports.

d. Non-traditional Season (NTS)

11. Texts

a. Required text(s):

NCAA. *NCAA Volleyball Rules*. Overland Park, KS: National Collegiate Athletic Association. 2016.

b. Supplementary texts and workbooks:

Instructor provided materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

Demonstrate knowledge of strategies and rules, improvement of advanced techniques and skills and appreciation of volleyball at the intercollegiate level

Date approved by the Governing Board: May 17, 2016