

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Techniques of Volleyball (Competency Based)
COURSE NUMBER	EXSC-0159
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	2
CONTACT HOURS/WEEK	Class: 2
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

This course will be a comprehensive overview of volleyball techniques. Topics studied will include the elements of the game of volleyball, running a practice, rules of the game, defensive and offensive drills and strategies, defensive and offensive skills, components of setting, passing and serving, compiling statistics, as well as being able to develop a year practice plan

TEXTBOOKS

<http://kckccbbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Formulating the General Philosophy
 - A. Program
 - B. Rules
 - C. Games
- II. Compiling Volleyball Statistics
 - A. Offensive Drills
 - B. Defense Drills
 - C. Running plays

- III. Comprehensive game plan
 - A. Pregame plan
 - B. Different aspects of a practice plan
- IV. Volleyball Terminology/Statistics
 - A. Terms related to volleyball
 - B. Offensive and defensive terms
 - C. Calculate volleyball statistics
- V. Volleyball Positions
 - A. Offensive position
 - B. Defensive positions

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. The student will be able to demonstrate knowledge of the components of a total volleyball program.
- B. The student will be able to demonstrate the ability to perform volleyball passing, setting and hitting techniques and drills.
- C. The student will be able to demonstrate the ability to administer a comprehensive game plan.
- D. The student will be able to demonstrate a comprehensive knowledge of volleyball terminology.
- E. The student will be able to demonstrate knowledge of the competencies involved at each position.
- F. The student will be able to demonstrate knowledge of defensive skills
- G. The student will be able to acquire an understanding of how to calculate volleyball statistics

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.