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Board Approved: May 8, 2019  
Semester effective: Spring 2020

Physical Education (PHED) 1528 Beginning Volleyball (1 or 2 Units per semester) CSU:UC  
(formerly Physical Education 28ABCD)

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; or 96 lab hours (96 Total Student Learning Hours) 2 units.

Catalog Description: This activity course introduces the fundamental skills critical to playing volleyball.

Type of Class/Course: Degree Credit

Text: Brown,  
Brown, Lee E. and Ferrigno, Vance A. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

American Volleyball Coaches Association (AVCA), editor. *The Volleyball Drill Book*. 2nd ed., Human Kinetics, 2012.

Additional Instructional Materials: Volleyball Equipment

Course Objectives:

By the end of the course, a successful student will be able to

1. Improve fundamental skills of:
  - a. Serving,
  - b. Passing,
  - c. Setting,
  - d. Attacking,
  - e. Blocking, and
  - f. Digging.
2. Improve agility, strength, jumping and overall conditioning and
3. Apply volleyball techniques through game experience.

Course Scope and Content ;

Unit I            Volleyball essential skills  
A.        Serving  
B.        Passing  
C.        Setting

- D. Attacking
- E. Blocking
- F. Digging

- Unit II            Conditioning
- A. Agility
  - B. Strength
  - C. Jump Training
  - D. Endurance

- Unit III            Offense
- A. Serving
  - B. Passing
  - C. Setting
  - D. Attacking

- Unit IV            Defense
- A. Blocking
  - B. Digging

- Unit V            Basic rules of the game
- A. Offensive Rules
  - B. Defensive Rules
  - C. Transitioning
  - D. Sportsmanship and ethics

- Unit VI            Basic Team Strategy
- A. Serve Receive
  - B. Offensive Systems
  - C. Hitter Coverage
  - D. Defensive Systems

**Learning Activities Required Outside of Class:**

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice,
2. Studying multimedia presentations, and
3. Reading from the textbook.

**Methods of Instruction:**

1. Practice of:
  - a. Individual skills,
  - b. Offense, defense, serve receive, hitter coverage and transition
2. Oral Instruction on the basic rules of the game,
3. Oral Instruction in team strategy,
4. Demonstration, and
5. Multimedia.

**Methods of Evaluation:**

1. Skill demonstrations, including:
  - a. Performance exams and
  - b. Team competition, and
2. Written assignments

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Disciplines:	Health or PE or Kinesiology or Coaching