

III. Statement of Course Need

- A. This course is an option for students who are interested in physical activity for a healthy lifestyle or for those interested in adding volleyball to their repertoire of sport skills. The skills learned in this course will also benefit those students preparing for a career in the field of fitness and wellness.
- B. The course is designed primarily as an activity course. The student will have to read a textbook to understand the basic rules and strategies of volleyball, but most of the class time is spent on demonstration and practice of the skills needed to be successful at the game.
- C. This course generally transfers as a fitness/exercise program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course serves as a program elective for the Associate Degree in Exercise Science and the Fitness Specialist Certificate of Completion as a Fitness & Wellness elective.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Warm-up & Conditioning
- B. History of the Sport
- C. Procedure of Play
- D. Rules
- E. Facilities & Equipment
- F. Fundamental Skill Technique
 - a. Forearm Pass
 - b. Serve
 - c. Set
 - d. Block
 - e. Spike
- G. Game Strategy
 - a. Offensive Play
 - b. Defensive Play
 - c. Serving
- H. Tournament Play

VI. General Education and Course Learning Outcomes

- A. **General Education Learning Outcomes:**

General Education goals do not apply to this course.

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate individual skills, including the forearm pass, set, spike, block and serve, using the correct form and body position including proper hand strike.
2. Demonstrate proper warm up and conditioning.
3. Explain and demonstrate offensive play, including proper spike form, fakes and dinks.
4. Explain and demonstrate defensive play, including court coverage and effective blocks.
5. Explain and demonstrate knowledge of the rules of the game.
6. Discuss benefits of recreational volleyball.
7. Explain and demonstrate playing the game of volleyball, including the rules and team play.

C. Assessment Instruments

1. demonstrations/presentations
2. written & practical Exams

VII. Grade Determinants

- A. participation
- B. skills demonstration
- C. tests
- D. practical demonstrations

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. practical demonstrations

VIII. Texts and Materials

- A. *Volleyball, Steps to Success*
Author: Becky Schmidt
Publisher: Human Kinetics, Champaign, IL, 2016

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Dance Studio
- B. RVCC Library