

- 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 students will learn the rules and strategies of volleyball, which will be discussed and referenced often, but most class time is spent on demonstration and practice of skills needed to be successful at the game.
- C. This course generally transfers as a general elective dependent on transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. 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. A. Course Learning Outcomes:

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

1. Explain and demonstrate knowledge of the rules of the game. (GE- 1)

2. Demonstrate proper warm up and conditioning.
3. Explain and demonstrate offensive and defensive play. (GE-1)
4. Discuss the benefits of recreational volleyball. (GE-1)

B. Assessment Instruments

- A. Demonstrations/Presentations
- B. Written & Practical Exams

VII. Grade Determinants

- A. Participation
- B. Skills/Practical Demonstrations
- C. Tests/Weekly Quizzes

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

None

(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. Gymnasium
- B. Fitness Center

X. Check One: Honors Course Honors Options N/A