I. CATALOG DESCRIPTION

KIN 88 - Varsity Volleyball 3 Unit(s)

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Transfer Status: CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate volleyball. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

A. define volleyball safety and rules.
B. practice the proper etiquette of volleyball competition.
C. describe offensive and defensive strategies for intercollegiate competition.
D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
E. demonstrate pre-game, in-game and post-game physical routines.
F. demonstrate proper maintenance of individual equipment and the court.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

<table>
<thead>
<tr>
<th>Lab</th>
<th>Topics</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Orientation, Safety, and Expectations</td>
<td>2.00</td>
</tr>
<tr>
<td>2.</td>
<td>Forearm Pass</td>
<td>8.00</td>
</tr>
<tr>
<td>3.</td>
<td>Overhead Pass</td>
<td>7.50</td>
</tr>
<tr>
<td>4.</td>
<td>Setting</td>
<td>5.50</td>
</tr>
<tr>
<td>5.</td>
<td>Serving</td>
<td>5.00</td>
</tr>
<tr>
<td>6.</td>
<td>Serve Receive</td>
<td>5.00</td>
</tr>
<tr>
<td>7.</td>
<td>Attacking</td>
<td>5.00</td>
</tr>
<tr>
<td>8.</td>
<td>Blocking</td>
<td>8.00</td>
</tr>
<tr>
<td>9.</td>
<td>Digging (individual defense)</td>
<td>8.00</td>
</tr>
<tr>
<td>10.</td>
<td>Team Defense</td>
<td>19.50</td>
</tr>
<tr>
<td>11.</td>
<td>Team Offense</td>
<td>19.50</td>
</tr>
<tr>
<td>12.</td>
<td>Transition</td>
<td>19.50</td>
</tr>
<tr>
<td>13.</td>
<td>Modified Games</td>
<td>15.00</td>
</tr>
<tr>
<td>14.</td>
<td>Film Analysis</td>
<td>7.50</td>
</tr>
<tr>
<td>15.</td>
<td>Strategy</td>
<td>9.00</td>
</tr>
<tr>
<td>16.</td>
<td>Team Psychology</td>
<td>9.00</td>
</tr>
</tbody>
</table>

Total Hours 153.00
IV. **METHODS OF INSTRUCTION**  
   A. Multimedia Presentations  
   B. Discussion  
   C. Demonstrations  
   D. Reading Assignments  
   E. Drills/Practical  

V. **METHODS OF EVALUATION**  
   A. Class participation  
   B. Written or Oral Examinations  
   C. Practical evaluations  

VI. **EXAMPLES OF ASSIGNMENTS**  
   A. Reading Assignments  
      1. Read the handout describing a specific game strategy. Discuss in small groups.  
      2. Review opponent scouting reports and specific game strategy. Be prepared to discuss your findings in class.  
   B. Writing Assignments  
      1. Write a scouting report for an opposing team that identifies the team's offense, defense, strengths, and weaknesses.  
      2. Write a brief paper summarizing the responsibilities of each position in volleyball.  
   C. Out-of-Class Assignments  

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**  
   Materials Other Than Textbooks:  
   A. The student will be required to provide:  
      a. Proper volleyball attire  
      b. Proper volleyball shoes  
   B. Other materials and/or equipment will be provided by the department  

*Created/Revised by:* Randy Maday  
*Date:* 10/15/2018