

# PHED 40: BEGINNING VOLLEYBALL

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Demonstrate the basic fundamentals for volleyball play
- Perform with an increasing degree of proficiency the offensive and defensive skills of volleyball.

## Description

Introduction to the game of volleyball. Includes basic skills, strategy, and team play.

## Course Objectives

The student will be able to:

1. Explain the history and its influence on the modern game today
2. Identify the rules and etiquette of volleyball
3. Demonstrate basic fundamental skills of volleyball
4. Apply basic offensive and defensive strategy
5. Evaluate one's own skill level
6. Increase one's fitness and coordination level through practice and game drills
7. Value volleyball as a lifelong fitness activity

## Course Content

1. History of volleyball and its influences
  - a. Origins
  - b. World influence
  - c. Introduction to the United States
2. Physical benefits of volleyball
  - a. Cardiovascular endurance
  - b. Improvement of hand/eye coordination
  - c. Improvement of jumping ability
3. Techniques of volleyball
  - a. Forearm pass
  - b. Setting
  - c. Serving

- d. Blocking
  - e. Hitting
4. Analysis of individual and team strategy
    - a. Offensive
    - b. Defensive
    - c. Five-one formation
    - d. Six-two formation

## Lab Content

Lab content may contain but is not limited to:

1. Development of beginning volleyball techniques
  - a. Pass
  - b. Serve
  - c. Hitting
  - d. Digging
  - e. Blocking
2. Increased knowledge of team play strategies: offense/defense
  - a. Four-two offensive strategy
  - b. Five-one offensive strategy
  - c. Rotation defense
  - d. Perimeter defense
  - e. Middle up defense

## Special Facilities and/or Equipment

1. Comfortable exercise clothing and tennis shoes.
2. Kneepads recommended.
3. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Oral and written quizzes  
 Ability to demonstrate proper volleyball techniques  
 Final written test on knowledge of techniques and the rules of volleyball

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Cooperative learning exercises  
 Laboratory  
 Demonstration

## Representative Text(s) and Other Materials

. [NCAA Women's Volleyball Rules and Interpretations 2020-2021](#) . .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

1. Optional reading and writing assignments recommended by instructor

## **Discipline(s)**

Physical Education