

PHED 40A: INTERMEDIATE VOLLEYBALL

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
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 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- A successful student will be able to demonstrate and perform the intermediate skills and fundamentals of the game of volleyball.
- A successful student should increase their knowledge of the intermediate skills of game play with increasing knowledge of offensive and defensive strategies.

Description

Introduces and builds upon prior knowledge of the intermediate game of volleyball. Strategies and skills at an intermediate level are presented and will promote appreciation of this lifetime activity.

Course Objectives

The student will be able to:

1. Increase knowledge of the intermediate volleyball skills and fundamentals
2. Comprehend intermediate strategies of the game through game play
3. Increase knowledge of the intermediate level offensive/defensive strategies
4. Comprehend the use of volleyball as a life long leisure activity
5. Apply the basic rules of play

Course Content

1. Rules of the game of volleyball
 - a. Specific to high school, college, and international
2. Safety within the game of volleyball
 - a. Net set-up
 - b. Cross training
 - c. Agility and plyometrics
3. Fundamentals
 - a. Refine and define
 - b. Peer critique
 - c. Drills that challenge and promote increased level of competence
4. Intermediate skills

- a. Positional
5. Team play
 - a. Strategies
 - i. Offense: 5-1, 6-2
 - ii. Defense: perimeter, rotation, middle up
 6. History of game
 - a. Origin
 - b. Rule changes within history

Lab Content

1. Drills/activities related to the sport of volleyball
2. Competitive games to improve skills

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:

Skill analysis
Self-assessment
Peer assessment
Written quizzes

Method(s) of Instruction

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

Students will analyze their own skill
Students will assess their skill compared to others in competitive games of volleyball
Students will critique performance with video
Students will complete a written quiz
Students will participate in direct instruction to further skills

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. Reading and writing assignments as recommended by instructor from journals and related topics to sport of volleyball

Discipline(s)

Physical Education