

PHED 40C: VOLLEYBALL: GAME SKILLS

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 perform and compete in high level games to improve games skills.
- A successful student will be able to demonstrate skills learned through class practice and playing the game of volleyball that promote volleyball as a lifetime activity.

Description

Presents game play in live game situations. Includes rotations and offensive and defensive strategies.

Course Objectives

The student will be able to:

1. Develop skills needed to participate in volleyball as a lifetime activity
2. Demonstrate the skills used in volleyball through class practice and playing the game of volleyball
3. Learn the terminology, rules, equipment, facilities, and strategies needed to participate in volleyball
4. Learn advanced strategies to incorporate within a game
5. Participate in competitive games and tournament style play

Course Content

1. Game play: tournament formats, strategies in game play in competitive environment
2. Advanced strategies for game play: offenses, defenses
3. Team transitions: offense, defense
4. Advanced rules to team play: libero, substitutions
5. Competition: elements of good competition

Lab Content

Lab content will include but is not limited to:

1. Participating in drills and activities to promote skill development
2. Competing with team to advance game play

Special Facilities and/or Equipment

1. Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and indoor gym play. Kneepads are suggested.
2. 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 evaluation
- Peer evaluation
- Video analysis
- Individual and team competition

Method(s) of Instruction

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

- Students will participate in drills (activities) to promote skill development
- Students will compete on teams to advance game play
- Students will evaluate self and peers on skills and team play
- Students will promote team play—build a team culture

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 will be assigned to deepen the understanding of the game of volleyball and promote team play

Discipline(s)

Physical Education