



COURSE OUTLINE : PE 276
D Credit – Degree Applicable
COURSE ID 003092
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 276
COURSE TITLE (FULL) : Volleyball III
COURSE TITLE (SHORT) : Volleyball III

CATALOG DESCRIPTION

PE 276 teaches advanced concepts of volleyball in a recreational environment. The main goal is to provide the student with continued advancement in volleyball while incorporating a better understating of teamwork and communication. The course emphasizes principles relating to advanced individual skills, theory, tactics, rules, and strategy. Team competition is a major component of this course.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: PE 275.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	275	Intermediate Volleyball	Explain and apply the rules and regulations of volleyball;	Yes
2	PE	275	Intermediate Volleyball	demonstrate proper intermediate techniques used for volleyball such as passing, setting, and attacking;	Yes
3	PE	275	Intermediate Volleyball	engage in varied game-like situations and utilize offensive and defensive techniques and strategies;	Yes
4	PE	275	Intermediate Volleyball	summarize and explain team and individual performances after drills and games;	Yes
5	PE	275	Intermediate Volleyball	increase fitness and coordination through practice and game drills;	Yes
6	PE	275	Intermediate Volleyball	understand the dynamics of team communication.	Yes

EXIT STANDARDS

- 1 Apply and demonstrate knowledge about the rules and regulations of the game;
- 2 demonstrate advanced fundamental techniques used for volleyball;
- 3 compete in game-like situations and analyze offensive and defensive techniques and strategies;
- 4 assess strengths and weaknesses of yourself and team to refine individual and group skills;
- 5 increase fitness and coordination through game drills and competition;
- 6 utilize verbal communication necessary for effective team work and team competitions.

STUDENT LEARNING OUTCOMES

- 1 develop an understanding of positional team play and team dynamics
- 2 develop and apply advanced volleyball skills through individual and team practice
- 3 integrate cooperative skills needed to perform at a high level of play
- 4 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Safety Procedures, Set-Up, and Breakdown <ul style="list-style-type: none"> • Creating a safe environment • Active warm-up/dynamic stretches • Setting up the court • Breaking down the court • Cool-down 	0	4	4
2	Rules, Regulations and Terminology <ul style="list-style-type: none"> • Rules: Federal International Volleyball (FIVB) • Rules: National Collegiate Athletic Association (NCAA) 	0	4	4
3	Advanced Fundamental Skills for Volleyball Attacking transitions Swing blocking Defensive diving/rolling Setting quick sets Back-row attacking Serving <ul style="list-style-type: none"> • Top spin • Floater • Jump serve 	0	12	12



4	<p>Advanced Offensive Team Strategies for Volleyball</p> <ul style="list-style-type: none"> • 6-2 setting system • 4-2 setting system • 5-1 setting system • Hitting variations • Serve receive variations • 9 position serving areas 	0	12	12
5	<p>Advanced Defensive Team Strategies for Volleyball</p> <ul style="list-style-type: none"> • Rotational defense • Perimeter defense • See and read defense • Middle up defense • Hitter coverage • Blocking strategies 	0	14	14
6	<p>Advanced Strategies for Teamwork</p> <ul style="list-style-type: none"> • Effective communication • Creating teams with captains • Team goal setting 	0	4	4
7	<p>Physical Development and Conditioning</p> <ul style="list-style-type: none"> • Physical endurance through drills • Plyometric warm-ups • Core conditioning • Sprint conditioning 	0	4	4
				54

OUT OF CLASS ASSIGNMENTS

- 1 critique (e.g. watch film and write an analysis which breaks down offensive and defensive plays);
- 2 individual project (e.g. develop a practice plan for a youth volleyball team and implement the plan in class);
- 3 field activities (e.g. playing doubles at the beach).



METHODS OF EVALUATION

- 1 demonstration;
- 2 written assignments;
- 3 group participation;
- 4 final exam on offensive and defensive systems.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
The Volleyball Drill Book	Required	Human Kinetics		print	Clemens, Terri	9781450423861	2012
Women's Volleyball Rules and Interpretations	Required	National Collegiate Athletic Association		digital	National Collegiate Athletic Association		2013
FIVB Official Volleyball Rules 2017-2020	Required	33rd FIVB World Congress		online	33rd FIVB World Congress	https://www.fivb.org/EN/Refereeing-Rules/documents/FIVB-Volleyball_Rules_2017-2020-EN-v06.pdf	2016