GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 175B – INTERMEDIATE VOLLEYBALL

1. Course Number Course Title Semester Units Semester Hours

ES 175B Intermediate Volleyball 1 1 hour lecture: 16-18 hours

1 hour lab: 16-18 hours

32-36 outside-of-class hours for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 175A or equivalent or specified skill competencies.

3. Catalog Description

Continuation of ES 175A with emphasis on intermediate level volleyball skills, tactics and strategies. Topics specific to men’s and women’s volleyball will be presented and discussed, Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

a. Demonstrate proficiency in intermediate level volleyball skills.

b. Analyze opponents' strengths and weaknesses and respond with appropriate moderately complex tactics and strategies.

c. Improve level of physical fitness through participation in the activity of volleyball.

d. Demonstrate knowledge of terminology, rules and scoring.

e. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well-being.

5. Instructional Facilities

a. Regulation volleyball courts (both outdoor and indoor) with nets.

b. Volleyballs.

6. Special Materials Required of Student

a. Court shoes.

b. Appropriate exercise attire.

c. Internet access.

EXERCISE SCIENCE 175B – INTERMEDIATE VOLLEYBALL page 2

7. Course Content

a. Fundamental volleyball skills.

b. Basic offensive/defensive tactics and strategies including the addition of the libero position.

c. Intermediate individual and team skills.

d. Moderately complex offensive/defensive tactics and strategies.

e. Terminology, rules and scoring.

f. Team dynamics.

g. Tournament play.

h. The parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

a. Lecture/demonstration.

b. Individual, partner and group practice.

c. Use of drills to enhance skill mastery.

d. Multimedia analysis.

e. Lecture/discussion regarding topics specific to volleyball as well as physical fitness and life-long health.

9. Methods of Evaluating Student Performance

a. Daily observation of skill acquisition.

b. Practical skills testing.

c. Class participation.

d. Outside assignments.

e. Written final exam.

10. Outside Class Assignments

a. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

b. At least 1-2 hours per week in reading assignments and/or practice.

11. Texts

a. Required Text(s):

(1) Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th Edition, 2012.

(2) Kenney, Bonnie and Gregory, Cindy. *Volleyball.* Champaign, Ill: Human Kinetics, 2006.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills and appreciation of volleyball at the intermediate level.
  2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: December 10, 2013