Physical Education (PHED) 1528 Beginning Volleyball (1 or 2 Units per semester) CSU:UC
(formerly Physical Education 28ABCD)

Prerequisite: None

Hours and Unit Calculations:
Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit; or 96 lab hours (96 Total Student Learning Hours) 2 units.

Catalog Description: This activity course introduces the fundamental skills critical to playing volleyball.

Type of Class/Course: Degree Credit


Additional Instructional Materials: Volleyball Equipment

Course Objectives:

By the end of the course, a successful student will be able to

1. Improve fundamental skills of:
   a. Serving,
   b. Passing,
   c. Setting,
   d. Attacking,
   e. Blocking, and
   f. Digging.
2. Improve agility, strength, jumping and overall conditioning and
3. Apply volleyball techniques through game experience.

Course Scope and Content:

Unit I Volleyball essential skills
A. Serving
B. Passing
C. Setting
D. Attacking
E. Blocking
F. Digging

Unit II Conditioning
A. Agility
B. Strength
C. Jump Training
D. Endurance

Unit III Offense
A. Serving
B. Passing
C. Setting
D. Attacking

Unit IV Defense
A. Blocking
B. Digging

Unit V Basic rules of the game
A. Offensive Rules
B. Defensive Rules
C. Transitioning
D. Sportsmanship and ethics

Unit VI Basic Team Strategy
A. Serve Receive
B. Offensive Systems
C. Hitter Coverage
D. Defensive Systems

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice,
2. Studying multimedia presentations, and
3. Reading from the textbook.

Methods of Instruction:

1. Practice of:
   a. Individual skills,
   b. Offense, defense, serve receive, hitter coverage and transition
2. Oral Instruction on the basic rules of the game,
3. Oral Instruction in team strategy,
4. Demonstration, and
5. Multimedia.

Methods of Evaluation:
1. Skill demonstrations, including:
   a. Performance exams and
   b. Team competition, and
2. Written assignments

Supplemental Data:

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<th>TOP Code:</th>
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