

Course discipline/number/title: PHED 1115: Volleyball

- A. CATALOG DESCRIPTION
1. Credits: 1
  2. Hours/Week: 2
  3. Prerequisites (Course discipline/number): None
  4. Other requirements: None
  5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course is intended to introduce the student to all aspects of volleyball. Through instruction, practice and play the student will learn the skills, rules and strategies involved in the game of volleyball. The course will also cover some of the basic aspects the benefits of exercise through sport specific conditioning and fitness. Students will also be exposed to the importance of communication, teamwork and cooperation.
- C. DATE LAST REVISED (Month, year): April, 2019
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Basic Movement and Communication Techniques
  2. Passing and Floor Defense
  3. Overhead Passing and Setting
  4. Attacking, Blocking and Serving
  5. Blocking Defense and Transition
  6. Offense Styles and Strategies
  7. Conditioning and Fitness Principles
  8. Injury Prevention
  9. Rules and Officiating
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Develop knowledge of proper stretching and warm-up techniques.
  2. Demonstrate the basics: passing, setting and drives.
  3. Develop skills in hitting, blocking, passing, setting, digging, and serving.
  4. Explain and apply the basic rules of the game.
  5. Explain the overlapping guidelines and different serve-receive patterns.
  6. Develop an understanding of two of the possible offenses played.
  7. Develop an understanding of two basic defensive patterns.
  8. Learn to play on a team and to respect teammates.
  9. Gain an understanding of the concepts of conditioning and fitness.
  10. Learn to appreciate volleyball as a leisure activity, a competitive activity or as a spectator.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Attendance/Participation
  2. Daily Exercises
  3. Written Exam
  4. Practical Skills Exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None