**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 157 – Volleyball**

**Course Outline**

**Course Number & Name:**  PHE 157 Volleyball

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course covers the historical development and present status of the sport. Students receive instruction in the fundamental skills, game strategy, rules, terminology, and specifics concerning safety. This course is fifteen weeks long and students are advised to be prepared for a demanding level of physical interaction.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate knowledge of the fundamentals of volleyball;

2.    perform basic volleyball moves;

3. explain and demonstrate various playing styles and tactics appropriately; and

4.    explain the basic rules and regulations of volleyball.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate knowledge of the fundamentals of volleyball:

* 1. *discuss the history and equipment of volleyball;*
  2. *explain the court setup;* and
  3. *explain player positions*

2. Perform basic volleyball moves:

2.1 *demonstrate stance and footwork;*

2.2 *demonstrate setting (overhand pass);*

2.3 *demonstrate forearm passing (bumping);*

2.4 *perform beginner ball control drills;*

2.5 *perform the underhand serve;*

2.6 *perform the overhand serve;* and

2.7 *receive the serve with the hands and forearm pass (bumping)*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Explain and demonstrate various playing styles and tactics appropriately:

3.1 *identify and demonstrate the spike;*

3.2 *perform the spike drill;*

3.3 *explain individual defense techniques;*

3.4 *explain and demonstrate doubles and/or team strategies;*

3.4  *explain and* *demonstrate team transitions;* and

3.5 *demonstrate various aerobic, flexibility, and strengthening conditioning exercises*

4. Explain the basic rules and regulations of volleyball:

4.1 *explain team and player rules;*

4.2 *explain number-of-contact rules;*

4.3 *explain hitting rules;*

4.4 *explain service rules;*

4.5 *explain ball contact rules*; and

4.6 *explain boundary line/court position rules*

**Methods of Instruction**: Instruction will consist of a combination of demonstrations, practice of drills, basic conditioning, games, and strategy applications.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate skill and strategy performance for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate both physically and intellectually in class.

2. Wear appropriate exercise attire to all classes.

3. Demonstrate skills as requested by the instructor.

4. Take written midterm and final exams as scheduled.

5. Read the text and handouts as assigned.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Skill Evaluations 80%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice table tennis. Skill evaluations will provide evidence of student mastery of physical performance-based course objectives.

* **Written or Oral Midterm Exam** (date specified by the instructor) 10%

The Midterm Exam will provide evidence of the level of student mastery of the rules and basic techniques involved in volleyball covered during the first half of the semester.

* **Final Exam** (date specified by the instructor) 10%

The Final Exam will provide evidence of the level of student mastery of the rules and basic techniques involved in volleyball covered throughout the semester.

Note: Attendance and class participation (physically and intellectually) are mandatory for this course. To fully participate in class, students must be dressed appropriately, follow the guidance of the instructor, and take notes as necessary.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Volleyball Today**, by Marv Dunphy & Rod Wilde; published by Brooks Cole; 1999.

**Week Topics**

1 Introduction to Volleyball, Equipment, Rules & Terminology

2 Technique and Practice of Stance, Self Volley, Wall Setting & Wall Bumping

3 Importance and Practice of Conditioning, Warm Up & Stretching

4 Self Volley & Wall Volley

5 Wall Pass & Wall Spike, Overhand Pass & Setting, Forearm Pass (Bumping)

6 The Serve: Underhand & Overhand

7 Review & **Midterm Exam**

8 Practice Serving & Receiving

9 The Game Practice

10 Beginning Spiking

11 Individual Defense

12 Doubles Strategies

13 Practice Offense-to-Defense Transitioning

14 Review & Practice of the Game

15 Skills Evaluations

**Final Exam**