

KIN 135: VOLLEYBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Instruction will be centered upon improving proficiency on the development of basic volleyball skills with an emphasis on setting, digging, serving, spiking and team strategies. Development of offensive and defensive strategies for doubles, 3 on 3, 4 on 4. 18 lecture hours, 18 lab hours.

Course Objectives

- analyze and evaluate the game of volleyball along with the development of the basic skills of the game
- Students will understand offensive and defensive strategies of the game.
- Students will understand and demonstrate how to keep score for a volleyball match.
- Students will understand the responsibilities and differences for each position in the game of volleyball.

Major Course Content

1. Knowledge of the Rules
2. Understanding Terminology
3. Develop Fitness Components of Volleyball
4. Movements of Hitting, Blocking, Passing, Serving
5. Offensive Strategy
6. Defensive Strategy
7. Knowledge of Court Positions
8. Scoring
9. Mental Preparation
10. Competition

Lab Content

Lab Content

1. **Fitness Components**
 - a. Muscular Strength
 - b. Flexibility
 - c. Muscular Endurance

- d. Body Composition
- e. Synapse/Reaction Time

2. Offensive Strategies

- a. Hitting Plan
 - i. High Set
 - ii. Low Set
 - iii. Flat Set
- b. Setting Plan
 - i. Front Set
 - ii. Back Set
- c. Serving Plan
 - i. Top Spin
 - ii. Floater
 - iii. Underhand

3. Defensive Strategies

- a. Blocking Plan
 - i. Single Block
 - ii. Double Block
 - iii. No Block
- b. Serve Receive
 - i. Two-Man
 - ii. Four Man
 - iii. Six Man
- c. Diggin Plan
 - i. Man Up
 - ii. Man Back

4. Mental Preparation

- a. Relaxation
- b. Positive Feedback
- c. Breathing Techniques

5. Scoring

- a. Hitting Average
- b. Assists
- c. Errors
- d. Kills
- e. Digs
- f. Aces

6. Positions

- a. Setter
- b. Attacker
- c. Libero
- d. Defensive Specialist

Suggested Reading Other Than Required Textbook

Instructor handouts.

Examples of Required Writing Assignments

Application of offensive and defensive strategies. Define and explain the rules. Define volleyball terminology as related to classroom discussion.

Examples of Outside Assignments

Observe volleyball skill activities during a club volleyball tournament, high school or college volleyball match.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab