

KINC 211: WOMEN'S VARSITY VOLLEYBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced volleyball skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Intercollegiate competition in women's varsity volleyball. This course may be taken four times. 162 lab hours.

Course Objectives

- display a high level of skills necessary to compete at the intercollegiate volleyball level
- demonstrate an awareness of team work, sportsmanship and responsibility in a competitive situation
- diagnose opponent's weaknesses and formulate an offensive adjustment

Major Course Content

All lab content.

Lab Content

Women's Varsity Volleyball includes instructor guided practice and demonstration in the following content areas:

1. Development of Individual Skills with Emphasis on
 - a. Blocking
 - i. single block
 - ii. double block
 - iii. triple block
 - iv. purpose of each
 - v. body position for block
 - vi. recovery
 - b. Hitting
 - i. on-hand, off-hand, middle and back row attacks
 - ii. cross court attack
 - iii. down-the-line
 - iv. high set
 - v. low set
 - vi. purpose of each
 - vii. body position

- viii. Approach
 - ix. Jump
 - x. Arm Swing
 - xi. Contact
 - xii. Follow Through
2. Passing
 - a. Body Positioning
 - b. Arm Position
 - c. Types of Passes
 - i. serve Receive
 - ii. digging
 - iii. overhead pass
3. Serving
 - a. Mechanics of Overhand Serve
 - i. Starting Position
 - ii. Arm Position
 - iii. Toss
 - iv. Stride
 - v. Contact Point
 1. Float Serve
 2. Top Spin Serve
 3. Jump Serve
 - b. Strategies for Serving
 - i. Serving Areas
 - ii. Varying Trajectory
 - iii. Vary Types of Serve
 - iv. Serving to certain players
4. Setting and Overhead Passing
 - a. Body Position
 - b. Hand Position
 - c. Contact Point
 - d. Release and Follow Through
5. Team Strategy
 - a. Court position
 - i. serving
 - ii. receiving
 - b. Offense
 - i. 6-0 offense
 - ii. 6-2 offense
 - iii. 5-1 offense
 - c. Defense
 - i. cross court attacks
 - ii. down-the-line attacks
 - iii. dump and tipping attack
6. Rules of the Game
 - a. NCAA rules
 - b. International rules
7. Competition
 - a. pre-conference
 - b. conference
 - c. tournament play

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab