

Common Course Outline for: EXSC 1116 Volleyball**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1 hour Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This class involves offensive and defensive skills of the game, as well as strategy and rules. Designed to help beginning and intermediate players learn and appreciate the physical as well as mental aspects of the game. A lifetime fitness activity.

B. Date last revised: January 2019**C. Outline of Major Content Areas**

1. Conditioning: Stretching and Strengthening Exercises
2. Movement Patterns and Ready Positions
3. Offensive Skills: Forearm Pass, Overhead Pass, Set, Drive, Spike, Tip, Underhand Serve, Overhand Serve
4. Defensive Skills: Dig, Half Roll, Full Roll, Sprawl, Block
5. Team Offensive Strategies: 4-2 Offense, Multiple Offenses
6. Team Defensive Strategies: Single/Double Block, Middle Up/Back
7. Rules, Terminology, and Sportsmanlike Conduct

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Complete stretching and strengthening exercises.
2. Assume proper ready positions and move efficiently on the court.
3. Explain and demonstrate correct techniques of the forearm pass, overhead pass, set, drive, spike, tip, underhand serve, and overhand serve to the level of their ability.
4. Explain and demonstrate correct techniques of the dig, half roll, full roll, sprawl and block to the level of their ability.
5. Apply appropriate offensive and defensive strategies during play.
6. Interpret rules and abide by them in playing situations.
7. Behave in a respectful and considerate manner toward teammates and opponents.
8. Realize that volleyball is a fun and challenging physical and mental lifetime activity.

E. Methods for Assessing Student Learning

Evaluation methods include subjective assessment of skill and effort (20%), class participation (60%), and objective written examination (20%).

F. Special Information

None