



Course Outline

2026-2027 Catalog

KIN 68 - Volleyball I

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the six basic skills of volleyball: passing, setting, hitting, serving, blocking, and individual defense. Students will learn history, rules, etiquette, and safe play of volleyball. The elements of team play and game strategies will be identified and introduced.

Objectives

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

1. demonstrate the basic skills of: passing, setting, hitting, serving, blocking and individual defense.
2. recognize and demonstrate the transition from offense to defense during game play.
3. identify and define the basic rules for the game of volleyball.
4. utilize verbal communication necessary for effective team work and safe game play.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation and Game History		1.00
Rules, Regulations, and Safety		3.00
Forearm Pass		3.75
Serve/Receive Positions		3.75
Overhand Pass		3.75
Setting		3.75
Attacks		3.75
Serving		3.75
Blocking		3.75
Individual Defense		3.75
Team Offense Overview		3.50
Team Defense Overview		3.50
Game Play		10.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations
- F. Drill/Practical

Methods of Evaluation

- A. Quizzes
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read "The Evolution of Volleyball" and complete the associated worksheet.
2. Read and review the "Terms of Volleyball" handout focusing on the terms associated with defensive play. Be prepared to discuss in class.

Writing Assignments

1. Write a two page essay on the different types of serves currently used in competitive volleyball. In your essay, address the techniques, advantages, and disadvantages of each serve.
2. Write a one page essay on your favorite volleyball topic either a coach, player, or team.

Out-of-Class Assignments

1. Watch a Division I volleyball match on television and write an overview of the match. In your overview differentiate between the structure of play in class vs. the structure of play in the competition that you viewed.
2. Attend a sanctioned volleyball match and write a short paragraph providing an overview of the experience.

Recommended Materials of Instruction

American Sport Education Program. (2011). Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series). *Human Kinetics, 1st*.

Other Learning Materials

The students will be required to provide:

- a. Athletic apparel
- b. Athletic shoes or volleyball shoes

Materials will vary depending upon the activity requirements

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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