



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### **COURSE SYLLABUS: PE 155** **Intercollegiate Volleyball & PE**

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**CONTACT HOURS:** Ten hours of instruction per week

#### **COURSE DESCRIPTION:**

Preparation and training for intercollegiate varsity volleyball competition. Participation in contests with other colleges will be scheduled.

#### **Course Objectives:**

Upon completion of this course, each student/athlete will be able to:

- Demonstrate knowledge of NCAA volleyball rules in competitive play.
- Define technical terms and rulings.
- Officiate a volleyball game according to current standards.
- Record and interpret statistical information accurately.
- Perform basic volleyball skills (passing, serving, setting, hitting, and blocking) at a proficiency level in competitive play.
- Demonstrate team offensive strategies (W serve receive formation, 4 person serve receive, three person serve receive, freeball transition, and defense to offense transition) at a proficiency level in competitive play.
- Execute audible plays, serve-receive plays, and freeball plays at a proficiency level in competitive play.
- Demonstrate team offensive strategies (4-2, 6-2, and 5-1) at a proficiency level in competitive play.
- Demonstrate defensive strategies (team defense, freeball transition, and offense to defense transition) at a proficiency level in competitive game play.
- Execute base positioning and blocker coverage at a proficiency level in competitive play.
- Demonstrate an understanding of regulations regarding the use of facilities and equipment.
- Employ knowledge of strength and conditioning principles.
- Employ flexibility and stretching into a warm-up routine.
- Demonstrate team concepts and strategies in competitive game play.
- Demonstrate body positioning in relationship to the ball, to other team members, to opponents, and to the court in competitive play.
- Construct and evaluate individual short term and long term goals for volleyball and academics.

#### **Grading System**

- 75% Active Participation
- 15% Playbook
- 10% Final



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### Intercollegiate Volleyball & PE

#### Required Reading

- Playbook with selected handouts on volleyball rules, terms, skills, strategies, and assorted articles

#### Recommended Reading

- The Volleyball Coaching Bible  
by Donald S. Shondell (Editor), Cecile Reynaud (Editor)  
Copyright: 2002 by Human Kinetics Publishers, Inc. ISBN: 0-7360-3967-8
- Volleyball Today by Marv Dunphy and Rod Wilde (Second Edition). Copyright 2000 by Wadsworth, a division of Thomson Learning. ISBN# 0-534-35836-5
- Winning Edge Series Volleyball by Darlene A. Kluka and Peter Dunn (Fourth Edition). Copyright 2000, 1996 by the McGraw-Hill Companies, Inc. ISBN# 0-07-230030-2
- About Volleyball  
From Scott Hammon, your Guide to Volleyball  
<http://volleyball.about.com>  
Web Site: About  
1440 Broadway 19th Floor NY, NY 10018  
The Human Internet  
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#### Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are not allowed to have any unexcused absences. Contact the head coach if you are going to be late to class or matches. An unexcused absence may result in a one-letter drop in final grade.

If a student needs to miss a class for reasons that are excusable (examples of excused absences include illnesses confirmed by a doctor, family emergency, college-sponsored event, or job interviews) that student is responsible for making up the class at a time and place that is agreed upon by both student and instructor. All excused absences need to be communicated to the instructor *prior* to the date that the student will be absent. It is the responsibility of the student to inform the instructor prior to the date of the class that she/he will not be present and to initiate a make up day. Should the class not be made up within a two week time period, the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed.

#### Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), or reasonable extensions of the above clothes (i.e. wind pants, sweat shirts, etc.).

REVISION DATE: 08/19