

EASTERN ARIZONA COLLEGE

Beginning Varsity Volleyball I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101AF
Title Beginning Varsity Volleyball I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	PES 100	Non Transferable

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

This class is for anyone interested in increasing their skills and knowledge in the game of volleyball, and for anyone interested in playing volleyball competitively and increasing their fitness level.

Description

Designed to develop physical fitness and volleyball skills that may be demonstrated in competition and games.

Supplies

None

Competencies and Performance Standards

1. Demonstrate the physical skills needed in the game of volleyball.

Learning Objectives

- a. Demonstrate the spike.
- b. Demonstrate the dig.
- c. Demonstrate the serve.
- d. Demonstrate the pass.
- e. Demonstrate the block.

Performance Standards

Competence will be demonstrated:

- o when the learner performs skills during a game or scrimmage

Criteria - Performance will be satisfactory when:

- o learner performs the spike
- o learner performs the dig
- o learner performs the serve
- o learner performs the pass
- o learner performs the block

2. Demonstrate offensive volleyball and plays.

Learning Objectives

- a. Demonstrate the double quick.
- b. Demonstrate the slide.
- c. Demonstrate the front and back cross.
- d. Demonstrate the shoot three.
- e. Demonstrate the quick one and the high five.

Performance Standards

Competence will be demonstrated:

- o when the learner performs skills during a game or scrimmage

Criteria - Performance will be satisfactory when:

- o learner performs the double quick
- o learner performs the slide
- o learner performs the front and back cross
- o learner performs the shoot three
- o learner performs the quick one and the high five

3. Demonstrate working relationships with other teammates.

Learning Objectives

- a. Demonstrate proper response to a player committing an error.
- b. Demonstrate the six circle formation.
- c. Demonstrate the successful play sign.
- d. Demonstrate the stuffed block cheer.

Performance Standards

Competence will be demonstrated:

- on the volleyball court during a game or scrimmage

Criteria - Performance will be satisfactory when:

- learner properly responds to player committing an error
- learner performs the six circle formation
- learner demonstrates the successful play sign
- learner demonstrates the stuffed block cheer

4. Demonstrate defensive formations.

Learning Objectives

- Demonstrate the proper rotation.
- Demonstrate the man back defense.
- Demonstrate the Monster defense.
- Demonstrate the purple defense.

Performance Standards

Competence will be demonstrated:

- on the volleyball court during a game or scrimmage

Criteria - Performance will be satisfactory when:

- learner performs the proper rotation
- learner performs the man back
- learner performs the Monster
- learner performs the purple

5. Demonstrate defensive skills.

Learning Objectives

- Demonstrate the front dive.
- Demonstrate the shoulder roll.
- Demonstrate the barrel roll.
- Demonstrate the pancake.

Performance Standards

Competence will be demonstrated:

- on the volleyball court during a game or scrimmage

Criteria - Performance will be satisfactory when:

- learner performs the front dive
- learner performs the shoulder roll
- learner performs the barrel roll
- learner performs the pancake

Types of Instruction

Videos

Demonstration

Practice

Grading Information

Grading Rationale

Portfolio 20%

Attendance 80%

Grading Scale

A 90% or above

B 80-89%

C 70-79%

D 60-69%

F 59% or below