

EASTERN ARIZONA COLLEGE

Beginning Volleyball I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101X
Title Beginning 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	PE Departmental Elective, PE Activity Credit limit of three units

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

Anyone interested in increasing their skills and knowledge in the game of volleyball. Anyone interested in playing volleyball and increasing their fitness level.

Description

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

Supplies

Tennis/court shoes and work out attire

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 by performing skills during a game on the volleyball court

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 and defensive volleyball skills and plays.

Learning Objectives

- a. Demonstrate the front dive.
- b. Demonstrate the shoulder and barrel rolls.
- c. Demonstrate the pancake.
- d. Demonstrate the double quick.
- e. Demonstrate the slide.
- f. Demonstrate the front and back cross.
- g. Demonstrate the shoot three.
- h. Demonstrate the quick one and the high five.

Performance Standards

Competence will be demonstrated:

- o on the volleyball court during a game or scrimmage

Criteria - Performance will be satisfactory when:

- o learner performs the front dive
- o learner performs the shoulder and barrel rolls
- o learner performs the pancake
- 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 the 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:

- o on the volleyball court during a game or scrimmage

Criteria - Performance will be satisfactory when:

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

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