EASTERN ARIZONA COLLEGE
Beginning Varsity Volleyball II
Course Design
2016-2017

Course Information
Division
Health & Physical Education
Course Number
HPE 102AF
Title
Beginning Varsity Volleyball II
Credits
1
Developed by
Jim Bagnall
Lecture/Lab Ratio
0 Lecture/2 Lab
Transfer Status

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<td>PES 100</td>
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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
HPE 101AF

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 by performing 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 by performing 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**
- a. Demonstrate the proper rotation.
- b. Demonstrate the man back defense.
- c. Demonstrate the Monster defense.
- d. 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**
- a. Demonstrate the front dive.
- b. Demonstrate the shoulder roll.
- c. Demonstrate the barrel roll.
- d. 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