

# EASTERN ARIZONA COLLEGE

## Beginning Volleyball II

Course Design  
2016-2017

**Course Information**

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

ASU	NAU	UA
KIN 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**

HPE 101X

**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