

## **PETA 153**

### **Volleyball**

2 Credits

## Community College of Baltimore County Common Course Outline

### **Description**

**PETA 153 – Volleyball:** introduces students to the fundamental skills and techniques, as well as coaching strategies, of volleyball. Individual skills, such as setting and spiking, as well as team strategies, are emphasized. Students practice and perform the skills in a recreational to intermediate competitive environment. Students also become aware of the physical and social benefits associated with active participation in volleyball.

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. demonstrate the fundamental skills and techniques of volleyball;
2. outline the rules of volleyball;
3. describe the strategies, safety, and etiquette associated with volleyball;
4. explore the psychological aspects of sports participation;
5. employ motor/sport skills specific to volleyball;
6. apply the basic coaching points of volleyball;
7. demonstrate proficiency in special game strategies;
8. apply appropriate communication skills with team members;
9. execute problem solving strategies as related to changing game situations; and
10. show sportsmanship and self-discipline in coaching and playing volleyball.

### **Major Topics**

- I. Passing skills
  - a. Bump
  - b. Overhead pass
  - c. Set
- II. Attacking skills
  - a. Hard-driven spike
  - b. Off-speed spike
  - c. Tip
- III. Defensive skills
  - a. Dig
  - b. Block
- IV. Rules and scoring
- V. Coaching offensive systems

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- VI. Coaching defensive systems
- VII. Physiological impact
- VIII. Psychological impact
- IX. Setting up courts and tournaments

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- One written exam
- Two skills assessments
- Two technique evaluations
- One coaching demonstration

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

This course requires strenuous physical activity. This course may require you to obtain physician permission pending the health history questionnaire.

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