

Common Course Outline

PETA 151

Volleyball

1 Credit

The Community College of Baltimore County

Description

Volleyball

Develops and improves individual power volleyball skills and team play; covers the bump, set, spike, serve and block and the 4-2 offense.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. Demonstrate the basic offensive skills including the bump, overhead pass, set, spike, tip, and serve.
2. Demonstrate the basic defensive skills including the block and dig.
3. Demonstrate an understanding of the history of volleyball.
4. Demonstrate knowledge of the rules of the game.
5. Identify and apply offensive and defensive strategies to game play.
6. Identify and apply serve reception formations.
7. Demonstrate knowledge of the various types of game play including 6 player and doubles.

Major Topics

1. Passing skills including the bump, overhead pass, and set.
2. Attacking skills including the hard driven spike, off-speed spike, and tip.
3. Defensive skills including the block and dig.
4. Rules and scoring for game play.
5. Offensive systems.
6. Defensive systems.
7. History of volleyball

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written exam
2. Skills tests.
3. Technique evaluation.

Other Course Information (sample)

1. This course is an elective course.
2. Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.