

**I. COURSE INFORMATION**

- A. Health & Physical Education 261 Fundamentals of Volleyball
- B. 3 credit hours
- C. No textbook required
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

This course develops the coaching techniques of volleyball from individual to fundamentals of team offense and defense. It is designed primarily for those interested in coaching, but may enrich the curriculum of future spectators. A brief history of the sport, with major rules, is included.

**III. LEARNING OUTCOMES**

- A. Recognize, identify and describe the individual fundamental components of skill development (footwork, serve receive technique, serving, passing, setting, blocking)
- B. Describe and analyze weight training exercises and techniques as they relate to sport specific and phase training methods
- C. Recognize and understand rules and regulations of the pre-match and match play
- D. Analyze and execute a scouting report of an opponent team

**IV. MAJOR CONTENT AREAS**

- A. History of volleyball
- B. Development of basic practice plans
- C. Understanding of offensive schemes
- D. Understanding of defensive schemes
- E. Understanding of basic volleyball terminology

**V. ASSIGNMENTS** (may include but are not limited to)

- A. Evaluation of volleyball film
- B. Development of practice plans
- C. Discussions
- D. Research paper of volleyball history

**VI. EVALUATION METHODS** (may include but are not limited to)

- A. Attendance and participation
- B. Discussion
- C. Assignments
- D. Quizzes and exams