

Department:

Physical Education

Course Description:

This course is designed to provide instruction in the basic skills of volleyball, including the forearm pass, overhead set, spike, and overhand serve. Elementary offenses and defenses will also be covered in the course.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Explain the rules of the game of volleyball
2. Demonstrate proper fundamental techniques for the following skills:
 - a. Forearm pass
 - b. Overhead set
 - c. Overhand serve
 - d. Front row attacking
3. Identify the difference between a perimeter and rotational defense
4. Explain and assess the difference between a 6-2 and 5-1 offense

Course Content:

- A. Rules of the game
- B. Fundamentals of volleyball
- C. Basic offense and defense strategies

Learning Assessments:

Course competencies will be assessed by attendance, attitude, improvement of skills, participation, and a demonstration final.

Instructional Materials:

Volleyball equipment

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.