

COURSE OUTLINE

LFIT-135

Volleyball

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student the knowledge and basic skills of the recreational sport of volleyball. Students will receive instruction on the proper execution of the set, bump, serve and block. In addition, the history, rules, and various, offensive and defensive strategies of game play will be stressed.

Overall Course Objectives

At the completion of the course, you will be able to:

1. Demonstrate the ability to perform the basic skills of volleyball, including the overhead set, the forearm bump, the block, the spike, and the underhand as well as overhand serve.
2. Demonstrate knowledge of the history, rules, scoring system, and terminology of volleyball.
3. Demonstrate offensive and defensive strategies of game play.
4. Demonstrate the ability to execute the correct singles and doubles strategy tournament play.

Major Topics

1. Basic skills
 - a. Overhead set
 - b. The forearm bump
 - c. The block
 - d. The spike
 - e. Underhand serve
 - f. Overhand serve
2. Rules, scoring
3. Offensive/defensive strategy

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member. To include, but not limited to, attendance, participation, skill, written knowledge, and rules exams.