

# North Hennepin Community College

## EXSC 1041: Volleyball

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to teach the beginning volleyball student the basic skills and fundamentals of the game. Through consistent participation and effort, the student will learn the rules of the game, have a basic understanding of the game, and be able to play the game at a beginning or intermediate level. Methods of communication and strategies are included.

**B. COURSE EFFECTIVE DATES:** 08/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. History and development of the game of volleyball.
2. Rules of the game of volleyball.
3. Beginning skills used in the game of volleyball.
4. Beginning strategies of the game of volleyball.
5. Beginning offenses and defenses of the game of volleyball.

### D. LEARNING OUTCOMES (General)

1. Acquire knowledge of the history and development of the game of volleyball. (MnTC Goal 2, comp. d; Dept. Goal 3a; NHCC ELO 1)
2. Learn and understand the rules of the game of volleyball. (NHCC ELOs 1, 2)
3. Implement player positioning and rotations to understand and be able to play the game of volleyball. (NHCC ELOs 1, 2)
4. Learn, practice, develop, improve, and be able to apply the beginning skills to the game of volleyball. (MnTC goal 2, comp. a; Dept. Goals 3a.. 2d., 2a; NHCC ELOs 1, 2, 3)
5. Understand and be able to apply and execute the beginning strategies, offenses, and defenses of the game of volleyball. (MnTC goal 2, comp. b; NHCC ELOs 1, 2, 3)
6. Begin to anticipate movements in order to ensure safety while playing the game of volleyball. (NHCC ELOs 1, 2, 3)

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.