

North Hennepin Community College

EXSC 1042: Advanced 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 for students who have experience playing volleyball. Through consistent participation and effort, students will build upon their knowledge of the skills and strategies of the game of volleyball. A closer look at the strategies of the game will take place, allowing teams to match opponents strengths and expose their weaknesses. Game situational drills and game play will be implemented to learn and develop advanced player positioning and rotations, and advanced offenses and defenses of the game.

Prerequisite: PE 1041 or Instructor Permission

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Advanced Skills of the game.
2. Advanced Player Positioning.
3. Advanced Strategies of the game.
4. Advanced Offenses and Defenses of the game

D. LEARNING OUTCOMES (General)

1. Implement advanced player positioning strategies and substitutions in order to maximize team success (NHCC ELOs 1, 2, 3).
2. Learn, practice, develop, improve, and be able to apply advanced skills and strategies to the game of volleyball (NHCC ELOs 1, 2, 3).
3. Implement game strategies to match opposing team's strengths and expose their weaknesses (NHCC ELOs 1, 2, 3).
4. Utilize the knowledge and skill necessary to successfully and safely play in advanced volleyball leagues throughout the community (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.