

Inver Hills Community College

PHED 1144: Volleyball

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 1

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces power volleyball skills, rules, and strategies. The 4-2, 5-1, and 6-2 offensive strategies and formations will be presented. This course may be taken up to three times for credit.

B. COURSE EFFECTIVE DATES: 01/01/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic skill technique: 50%
2. Rules, Etiquette, Terminology: 15%
3. Strategies, Positioning: 35%

D. LEARNING OUTCOMES (General)

1. Describe and demonstrate during game activity the correct positioning for the 4-2 offense, 5-1 offense, and the 6-2 offense
2. Discuss simple strategies used in specific game situations
3. Interpret game situations in accordance to the rules of volleyball
4. Demonstrate basic proficiency in the forearm pass, set, spike, block and serve

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted