

TEAM 180: Competition Volleyball I

Student Learning Outlines

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Course Description: Designed for the intermediate to advanced volleyball student with an emphasis on team offensive/defensive strategies. Includes participation in organized round-robin competition preceded by a brief period of appropriate warm-up activities.

Student Learning Outcomes

- (a) Students will be able to demonstrate a proficiency at all of the basic skills and techniques of volleyball
- (b) Students will be able to demonstrate an understanding and the use of the basic rules of volleyball
- (c) Students will be able to demonstrate proper and safe volleyball stretching techniques
- (d) Students will be able to compare the basic components of the 4-2, 6-2 and 5-1 offensive and defensive volleyball systems and strategies
- (e) Students will be able to apply safety factors related to individual and team play as well as to court preparation.
- (f) Students will be able to demonstrate appropriate social behavior required for participation with others in a highly competitive recreational atmosphere

SAMPLE ASSESSMENTS OF SLO's for TEAM 180

a) Volleyball Skills Assessment

Assessment is done through observation during class time as well as during competition, both at the beginning and at the end of the course in order to analyze student's progress.

Name	Passing		Setting		Hitting		Serving		Blocking	
	Intm.	Adv.	Intm.	Adv.	Intm.	Adv.	Intm.	Adv.	Intm.	Adv.
1. Student Name										
2. Student Name										

b) Demonstration an understanding and the use of the U.S.V.B.A. Rulebook

Discuss rules through semester and have students apply them as they are participating in games and tournament play. Multiple choice quiz will be given at the end of the term to assess student's knowledge.

d) Comparison of the basic components of the 4-2, 6-2 and 5-1 offensive and defensive volleyball systems and strategies

Have students play games using a 4-2, 5-1 and then a 6-2 offense. At the end of the class, they will write a short-answer essay comparing the advantages and disadvantages of all systems.