HPE102

VOLLEYBALL I

1 Credit Hour

Prepared by:

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Dr. Mindy Selsor, Chief Academic Officer
Carolyn Elphingstone, Social Science Division Chair
HPE102 Volleyball

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 1 semester hour credit

C. Volleyball reviews techniques, fundamental skills, and basic rules of the game through participation. Students will explore the benefits of a lifestyle that includes exercise. (F,S)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tbody>
<tr>
<td>Students will demonstrate appropriate techniques while playing the game.</td>
<td>Instructor Observation Checklist</td>
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<tr>
<td>Students will apply rules of volleyball and apply effective strategies to the game.</td>
<td>Instructor Observation Collaborative Group Activity Discussion</td>
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<tr>
<td>Students will demonstrate acceptable social standards and attitudes.</td>
<td>Instructor Observation Checklist Discussion</td>
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<tr>
<td>Students will evaluate the benefits of a lifestyle that includes exercise.</td>
<td>Collaborative Group Activity Reflection Papers</td>
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III. OUTLINE OF TOPICS

A. Introduction of Game
   1. History of Volleyball
   2. Game Governance
   3. Exercise benefits

B. Fundamental Skills/Techniques
   1. Offensive systems
   2. Defensive systems
   3. Games and drills

C. Game Strategies and Rules
   1. Participate in drills
   2. Game participation
   3. Social standards and attitudes

IV. METHODS OF INSTRUCTION

A. Lecture

B. Discussion
C. Collaborative Activities
D. Demonstrations

V. REQUIRED TEXTBOOK

None

VI. REQUIRED MATERIALS (Student)

Clothing for various activity
Court shoes

VII. SUPPLEMENTAL REFERENCES

Current Library holdings

VIII. METHOD OF EVALUATION

A. Attendance
B. Checklist
C. Collaborative Group Activity
D. Discussion
E. Instructor Observation
F. Reflection Papers

IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (636)797-3000, 789-3000, or 942-3000, ext. 169.

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website.
http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84