HPE202

VOLLEYBALL II

1 Credit Hour

Prepared by:

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HPE202 Volleyball II

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 1 semester hour credit

C. Volleyball II 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</td>
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<tr>
<td>Students will apply rules of volleyball and apply effective strategies to the game.</td>
<td>Instructor Observation</td>
</tr>
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<td>Students will apply rules of volleyball and apply effective strategies to the game.</td>
<td>Collaborative Group Activity</td>
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<tr>
<td>Students will demonstrate acceptable social standards and attitudes.</td>
<td>Instructor Observation</td>
</tr>
<tr>
<td>Students will demonstrate acceptable social standards and attitudes.</td>
<td>Checklist</td>
</tr>
<tr>
<td>Students will evaluate the benefits of a lifestyle that includes exercise.</td>
<td>Discussion</td>
</tr>
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<td>Students will evaluate the benefits of a lifestyle that includes exercise.</td>
<td>Collaborative Group Activity</td>
</tr>
<tr>
<td>Students will evaluate the benefits of a lifestyle that includes exercise.</td>
<td>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 (Library; phone 636-797-3000, 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