

Montgomery County Community College
 ESW 141
 Volleyball
 2-1-2

COURSE DESCRIPTION:

This course acquaints students with the skills and fundamentals of team play, the rules and etiquette of the game, and the principles of basic strategy and tournament play.

This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Demonstrate a beginning proficiency level in playing volleyball.	Participation Assessments Tournament Play Demonstration Lecture Class Discussions Case Studies	Skill Assessments Tournament Play
2. Integrate the basic technical skills when playing volleyball.	Participation Assessments Tournament Play Demonstration Lecture Class Discussions Case Studies	Skill Assessments Tournament Play Case Study
3 Explain the rules, scoring systems, strategies, and etiquette of volleyball.	Participation Assessments Tournament Play Demonstration Lecture Written Assignments Written Exams Class Discussions	Exam Tournament Play

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Describe the historical and cultural influences of volleyball.	Presentations Research Project Lecture Written Assignments Written Exams Class Discussions	Exam Research Project
5. Demonstrate an understanding of the positions on the court and team strategies.	Participation Assessments Tournament Play Demonstration Lecture Written Assignments Written Exams Class Discussions Case Studies	Exam Tournament Play Case Study
6. Interpret signals given by officials.	Participation Assessments Tournament Play Demonstration Lecture Written Assignments Written Exams Class Discussions	Exam Tournament Play

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- A. History and Values
- B. Playing Area and Equipment
 - 1. Safety considerations
 - 2. Court dimensions
 - 3. Volleyballs
- C. Conditioning
 - 1. Legs
 - 2. Fingers, wrists, arms, and shoulders
 - 3. Warm-ups
- D. Beginning Skills
 - 1. The serve
 - 2. The pass
 - 3. The dig
 - 4. The spike
 - 5. The block

- 6. The dink
- E. Rules and Scoring
 - 1. Rules
 - 2. Scoring
 - 3. Time factors
 - 4. Officials

LEARNING MATERIALS:

No textbook is required. Supplemental information is provided to the students by the instructor.

Learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn	Date: 8/1998
Revised by: Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009

Revised by: Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/19/2012

Revised by: Dr. Anne Livezey	Date: 1/6/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.