

**College of Micronesia-FSM
PO Box 159
Pohnpei, FM 96941**

COURSE OUTLINE

Introduction to Volleyball
Course Title

ESS102v Exercise Sport Science
Department & Number

Course Description:

This is a semester-long course designed to improve cardiovascular endurance, speed, agility and flexibility through the team sport of volleyball, and to give students an appreciation of the role regular physical activity plays in the quality of life. Students will learn basic skills necessary to play volleyball, including scorekeeping, game modifications, serving, setting, passing, blocking and attacking. Course topics also include evaluation of current fitness levels, and injury prevention specific to volleyball.

Course Prepared by: Rachel Hollingsworth

State Pohnpei/National Campus

	Hours per week		No. of week	Total Hours	=	Semester Credits
Lecture	_____	x	_____	x	_____	_____
Laboratory	<u> 3 </u>	x	<u> 16 </u>	=	<u> 48 </u>	= <u> 1 </u>
Workshop	_____	x	_____	x	_____	_____

Purpose of Course:

Degree Requirement _____
Degree Elective _____ x _____
Certificate _____
Other _____ x _____

Prerequisite Courses:

None.

Signature, Chairperson, Curriculum Committee

Date Approved by Committee

Signature, President, COM-FSM

Date Approved by President

I. Course Objectives

A. General/Program Outcomes

1. Students will participate regularly in physical activity.
2. Students will learn skills necessary to perform a variety of physical activities.
3. Students will determine baseline measures of personal fitness.
4. Students will be able to identify common injuries, treatment, and preventative measures.
5. Students will value physical activity and its contribution to a healthful lifestyle.

B. Student Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. [Core] Identify the “W” formation and the 6 zones of the volleyball court.
2. [Core] Correctly perform an overhead floater, underhand, and topsin serve.
3. [Core] Receive and block a served ball with a forearm pass, overhead pass, and by digging in a game-like situation.
4. [Core] Pass the ball to a teammate with a forearm pass (bump), and with an overhead pass (set) in a game-like situation.
5. [Core] Pass the volleyball to a teammate using a back pass in a game-like situation.
6. [Core] Correctly perform a two-foot attack, and off-speed attacks (tip attack, roll shot).
7. [Core] Accurately keep score in a volleyball game using the rally system, and the “wash” method.
8. [Core] Participate actively in a volleyball game for 30 – 40 minutes.
9. [Core] Perform flexibility exercises for each of the major muscle groups.
10. [Core] Have measured their resting heart rate.
11. [Core] Have measured their blood pressure.
12. [Core] Have measured their erector spinae/hamstrings flexibility (via a sit and reach test).
13. [Core] Have measured their body fat.
14. [Core] Orally recite the words from the acronym RICE: rest ice compress elevate.
15. [Core] Identify the symptoms of common volleyball injuries, preventative measures, and basic treatment.
16. [Core] Identify diseases and illnesses inversely related to physical activity level.
17. [Core] Express how regular physical activity makes them feel (in a written, oral, or visual format).
18. [Peripheral] Perform a jump serve.
19. [Peripheral] Perform a J-stroke to receive serve in a game-like situation.

II. Course Content

A. Introduction to Exercise Science/Fitness

- i. Five Factors of Physical Fitness
 1. Cardiovascular
 2. Muscular Strength
 3. Muscular Endurance
 4. Flexibility
 5. Body Composition
- ii. Skill Factors
 1. Speed
 2. Agility
- iii. Pretests
 1. Heart rate/blood pressure

- 2. Sit and reach test
 - 3. Percent body fat
 - iv. Zones of Volleyball Court
- B. Exercise Journals/Blocking
 - i. Purpose & Rubric for Journaling
 - ii. W formation
 - 1. <http://www.hchs.hunter.cuny.edu/sports/html/teamconceptsP4.html>
 - iii. Forearm Block
 - iv. Overhead Block
 - v. Blocking Drills
 - vi. Communication to teammates
 - vii. Review previous concepts
- C. Serving and Topsin
 - i. Underhand serve
 - ii. Overhand floater serve
 - iii. Topsin serve
 - iv. Jump serve
 - v. Topsin drills
 - vi. Serving/receiving drills
 - vii. Review previous concepts
- D. Setting (Passing)
 - i. Forearm pass
 - ii. Overhead Pass
 - iii. Back pass
 - iv. Passing Drills
 - v. Review previous concepts
- E. Game structure/rules
 - i. Rally scoring
 - ii. Wash scoring
 - iii. Rotating during a game
 - iv. Substitution
 - v. Game drills
 - vi. Review previous concepts
- F. Attacking
 - i. Topsin (review)
 - ii. Two-foot attack
 - iii. Tip attack
 - iv. Roll shot
 - v. Attacking drills
 - vi. Review previous concepts
- G. Game strategy
 - i. Serving to opponent's weakness
 - ii. Team communication
 - iii. Transition drills
 - iv. Review previous concepts
- H. Game Strategy
 - i. Team defense
 - ii. Recognizing & responding to team offense
 - iii. Defense drills
 - iv. Review previous concepts
- I. Game Strategy
 - i. Transitioning from offense to defense
 - ii. Transitioning from defense to offense
 - iii. Transition drills
 - iv. Review previous concepts
- J. Digging
 - i. Defense in emergency situations

- ii. Benefits of regular physical activity: Cardiovascular disease, type II diabetes
 - iii. Game drills
 - iv. Review previous concepts
- K. Game strategy
 - i. Player specialization
 - ii. Benefits of regular physical activity: Longevity, morbidity
 - iii. Game drills
 - iv. Review previous concepts
- L. Safety
 - i. Common volleyball injuries
 - 1. Ankle sprains
 - 2. Finger sprains
 - 3. Overuse injuries (patellar tendinitis, shoulder tendonitis)
 - 4. Low back pain
 - ii. Cross-training for prevention of injuries
 - iii. RICE (rest, ice, compression, elevation)
 - iv. Game drills
 - v. Review previous concepts
- M. Modified Games
 - i. 2-on-2
 - ii. 3-on-3
 - iii. 4-on-4
 - iv. Modified Game drills
 - v. Review previous concepts
- N. Volleyball tournament
 - i. Skill practice/assessment
 - ii. Review previous concepts
- O. Volleyball tournament
 - i. Skill practice/assessment
 - ii. Review previous concepts
- P. Fitness assessments – post-tests
 - i. Skill assessment
 - ii. Heart rate/blood pressure
 - iii. Sit and reach test
 - iv. Percent body fat
 - v. Review

III. Textbooks

This course requires no textbook.

IV. Required Course Materials

Exercise towel, bottled water, appropriate attire (loose-fitting, comfortable clothing that allows a full range of motion around all of the joints of the body), and a wire-bound notebook. Students who come to class without water will NOT be allowed to participate in activity.

V. Reference Materials

American College of Sports Medicine. “ACSM Position Stand on The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Adults.” *Medicine and Science in Sports and Exercise* 30(6): 975–991, 1998.

Briner, W., and Benjamin, H. "Volleyball injuries: managing acute and overuse disorders." *The Physician and Sportsmedicine* 27(3): http://www.physsportsmed.com/issues/1999/03_99/briner.htm, 1999.

Dearing, Joel. *Volleyball Fundamentals: A better way to learn the basics*. Champaign, IL: Human Kinetics 2003. **(STRONGLY RECOMMENDED)**

Fédération Internationale de Volleyball. "The Game: Volleyball, An Introduction." <http://www.fivb.org/TheGame/index.htm>

Fry, A. C., Kraemer, W. J., et al. "The Effects of an Off-season Strength and Conditioning Program on Starters and Non-starters in Women's Intercollegiate Volleyball." *The Journal of Strength and Conditioning Research* 5(4): 174–181, 1991.

Sharkey, Brian J. *Fitness & Health: 5th Edition*. Champaign, IL: Human Kinetics 2001.

American College of Sports Medicine <http://www.acsm.org/index.asp>

American Volleyball Coaches Association <http://www.avca.org/>

VI. Instructional Cost

10 Champion Sports VB5 Soft Touch Synthetic Leather Indoor Volleyballs, \$9.99/each.
Three Volleyball nets, with posts (various costs).

VII. Methods of Instruction

Demonstration, participation, lecture, individual assignments, team work. Assessment will be in the form of attendance/participation in class exercises, individual assignments, homework and quizzes given throughout the semester.

A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	0 – 59%

VIII. Evaluation

No credit by evaluation. Course is participatory.

IX. Attendance Policy

The College attendance policy shall be applied.

X. Academic Honesty Policy

The College academic honesty policy shall be applied.

XI. Appendices

A. Health History Form

- i. All students must complete the Physical Activity Readiness Questionnaire - **PAR-Q**, from the Canadian Society for Exercise Physiology prior to participating in any physical activity
- ii. Instructor may require students to provide a signed physician consent form as a pre-requisite to ESS102v.
- iii. PAR-Q is available online and may be reproduced if used in its entirety
www.csep.ca/pdfs/par-q.pdf

B. Release Form

- i. All students must read and sign the following statement in order to participate in ESS102v:

As per College policy or as follows in the absence of such policy language:

I, _____, wish to participate in the following College of Micronesia-FSM course or program, ESS102v Introduction to Volleyball, as a student. I understand that this class is a voluntary program and is not required for my graduation. I agree to abide by all safety rules and regulations in effect during this course or program.

I wish to participate in the above-described course or program at the College of Micronesia -FSM, and agree that the College of Micronesia-FSM, and their employees are not responsible for my participation in this program, or for any injuries that may occur during my participation in this program, or by the utilization of their equipment.

Further, the instructor of this course or program in the event that he or she believes, with or without medical evidence, that I may not participate in this course or program, or that I have physical limitations that may prevent me from participating in this course or program, has absolute discretion, and may terminate my continued participation in the course or program, at any time, with or without a valid reason. However, this discretion is not an obligation of the College of Micronesia-FSM, or its employees, nor a duty, and any failure to prevent participation on my behalf, or to limit the amount of activities involved in the course or program on my behalf, does not give rise to a renunciation of or exception to this knowing and voluntary waiver.

As a result, I agree, and voluntarily assume all responsibility for my own safety and well-being, while participating in the course or program, and agree to waive any claims for liability, injury, or other damages as a result of injury or death, against the College of Micronesia-FSM or their employees. I enter into this waiver knowingly and in advance of my participation in the course or program. By signing this waiver I will forever release any future claims against the College of Micronesia-FSM and their employees, arising out of any accident, injuries, death or other damages, on behalf of myself or my heirs or dependents, due to any accident, or other mishap, including acts of god, that may arise upon my participation in the course or program.

Dated: _____ Print Name

_____ Signature

- C. Adapted Instruction
 - i. Students who are unable to (or who should not) perform specific exercises due to injury, pregnancy, or other condition(s), will be assigned alternate exercises and/or assignments by the instructor with no detriment to final grade/status in the course
 - ii. Students who require a physician's consent to participate in physical activity (as identified on a PAR-Q questionnaire) at term start will be required to complete physical fitness examination by a medical doctor and receive physician's consent on the Physical Activity Readiness Medical Examination form -- PARmed-X – (from the Canadian Society for Exercise Physiology, available online at <http://www.csep.ca/pdfs/parmedx.pdf>) prior to commencing the course.
- D. Conditions and definitions
 - i. Core refers to an outcome that must be attained in order to pass the course.
 - ii. Peripheral refers to an outcome that ought to be attained but non-attainment will not cause the student to fail the course.
- E. Typical class structure
 - i. Two days per week
 - 1. 10 - 15 minutes travel to locker rooms, change into exercise clothes
 - 2. 5 – 10 minute warm up (some light cardiorespiratory exercise, plus scapular stabilization exercises), with verbal instruction
 - 3. 65 – 75 minutes volleyball drills/instruction/games
 - 4. 5 - 10 minutes of flexibility/relaxation exercises
 - 5. 10 – 15 minutes change out of exercise clothes/shower
 - ii. Three days per week
 - 1. 10 - 15 minutes travel to locker rooms, change into exercise clothes
 - 2. 5 – 10 minute warm up (some light cardiorespiratory exercise, plus scapular stabilization exercises), with verbal instruction
 - 3. 35 – 45 volleyball drills/instruction/games
 - 4. 5 - 10 minutes of flexibility/relaxation exercises
 - 5. 10 – 15 minutes change out of exercise clothes/shower
- F. Recommended course materials
 - i. Athletic shoes
 - ii. Human anatomy coloring book
 - iii. Female students – appropriately sized sports bra
 - iv. Male students – appropriately sized jock strap
- G. Safety procedures
 - i. CPR certification strongly recommended for instructors of this course
 - ii. Students should be instructed on the first day of class and on their syllabus:
 - 1. STOP exercising if you experience any of the following symptoms:
 - a. Severe breathlessness
 - b. Severe Joint Pain
 - c. Nausea/dizziness
 - d. Extreme chest pain
 - e. Light headedness
 - 2. NOTIFY the instructor immediately. Do NOT isolate yourself by seeking privacy