

**PED 143**  
**VOLLEYBALL-BEGINNING**

**COURSE DESCRIPTION:**

Prerequisites: None

Corequisites: None

This course covers the fundamentals of volleyball. Emphasis is on the basics of serving, passing, setting, spiking, blocking, and the rules and etiquette of volleyball. Upon completion, students should be able to participate in recreational volleyball. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 2. Semester Hours Credit, 1.

**LEARNING OUTCOMES:**

The student will be able to:

- a. Explain rules of volleyball.
- b. Demonstrate proper techniques of passing, setting, spiking, blocking and serving volleyball.
- c. Explain basic offensive and defensive positioning and strategy of power volleyball.

**OUTLINE OF INSTRUCTION:**

- I. Overview
  - A. Objectives and procedures
  - B. Rules of play
  - C. Skill assessment
- II. Components of play
  - A. Passing and setting
  - B. Serving and spiking
  - C. Blocking and digging
- III. Basic strategy
  - A. Offensive and defensive positioning
  - B. Strategy of power volleyball

**REQUIRED TEXTBOOK AND MATERIALS:**

Tennis shoes

**STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.