

# Minnesota State University Moorhead

## PE 130: Volleyball I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for students who have limited volleyball experience. Instruction and practice focuses on the pass, overhead pass, serve, spike, rules, terminology and basic offensive and defensive match play.

**B. COURSE EFFECTIVE DATES:** 03/13/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Skills practice of passing and serving.
2. Learn to set up the net.
3. Rules of Volleyball.
4. Introduce setting.
5. Defensive skills.
6. Introduce Hitting.
7. Introduce Blocking.
8. Introduce mini game and how to score.
9. Full court tournament.

### D. LEARNING OUTCOMES (General)

1. Develop their capacities to perform critical analysis of volleyball skills.
2. Develop skills that lead to social wellness.
3. Analyze own behaviors, attitudes and beliefs of wellness as it relates to the physical activity of volleyball.
4. Student will gain a greater understanding surround the rules of volleyball.
5. Students will examine the value of volleyball as a means to develop wellness and increase their physical activity.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted