

# Minnesota State University Moorhead

## PE 379: Coaching Volleyball

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course prepares students to effectively coach volleyball at the elementary or secondary school level. Students learn about season and practice management, principles of physical training, development and analysis of skills, offensive and defensive team play, game management and evaluative procedures.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Develop a coaching philosophy.
2. Develop offensive and defensive concepts.
3. Develop the ability to perform critical analysis of volleyball skills.
4. Development on how to run an effective practice.
5. Learn team building activities.
6. Learn to keep statistics for volleyball.
7. Learn to serve receive rotations.
8. Student will gain a greater understanding surround the rules of volleyball.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted