

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 154 – VOLLEYBALL (1 CR.)

Course Description

Introduces skills, techniques, strategies, rules, and scoring. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop coordination, power, reaction time and speed through participation in a team sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running and using the arms and hands. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Properly execute the basic soccer skills of dribbling, passing, trapping, and shooting.
- b) Describe and apply the rules of the game of soccer.
- c) Discuss the positions of the game of soccer.
- d) Accurately keep score.
- e) Describe and apply proper soccer etiquette.
- f) Select proper equipment.
- g) Employ basic offensive and defensive strategies.
- h) Engage in appropriate conditioning activities in preparation for play

Major Topics to be Included

- a) History of volleyball
- b) Overhead chest pass
- c) Underhand serves
- d) Overhand serves
- e) Bump passes
- f) Spikes
- g) Digs
- h) Blocking
- i) Rules, equipment and etiquette