Berrien Springs Partnership Syllabus and Instructor Qualifications

**CLASS TITLE:** **GZA – Volleyball**

**CATEGORY: Physical Education**

**GRADE OR AGE LEVELS:** 12yrs+   
**START DATE: week of 9/3/2023 END DATE: week of 11/26/2023**

**CLASS LOCATION/ADDRESS/DATES/TIMES:**

***St. Joe - 4032 M-139, St Joseph, MI 49085***

**St. Joe Location –Friday**

**Fri. – Sept 8, 15, 22, & 29 Oct 6, 13, 20, & 27 Nov 3, 10, 17 & 24 Dec 1**

***Time:* 10am -12pm**

**St. Joe:**

**Class Min # of Students:** 4

**Class Max # of Students:** 16

**# WEEKS TOTAL: 12 WEEKS OFF: 1  
DAY/TIME REQUIRED: See class schedule ADD’L DAYS/WK AVAILABLE:**    
# **HOURS (REQUIRED):** 16 # **HOURS (POSSIBLE): 18  
TOTAL SEMESTER HOURS POSSIBLE: 18**

**Semesters offered:** Fall & Spring

**Description:** This course is a student’s BASE for an educational approach to the fundamentals of volleyball, with emphasis on players’ overall fitness.

This course is not an open gym forum. Techniques and fundamentals will be stressed through developmental drills and then incorporated into games.

* Warm-up stretches specifically for volleyball.
* Equipment used in volleyball.
* Terminology used in volleyball.
* How to perform a proper pass.
* How to execute a proper set.
* How to perform a proper spike.
* How to serve the volleyball.
* How volleyball games are scored and game rules.
* Fun history facts about volleyball.

**Weekly breakdown:**

|  |  |
| --- | --- |
| **Week 1: Class Introductions**  Rules, goals and warm-up exercises  Definition – Importance – How to - | **Week 7: Attacking**  Definition – Importance – How to - |
| **Week 2: Court/Rules/Scoring**  Definition – Importance – How to - | **Week 8: Blocking**  Definition – Importance – How to - |
| **Week 3:** **Passing**  Definition – Importance – How to - | **Week 9: Offense**  Definition – Importance – How to - |
| **Week 4:** **Setting**  Definition – Importance – How to - | **Week 10:** **Defense**  Definition – Importance – How to - |
| **Week 5: Serving.**  Definition – Importance – How to - | **Week 11:Fitness In Volleyball**  Definition – Importance – How to - |
| **Week 6: Serve Receive**  Definition – Importance – How to - | **Week 12:**  Review |

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pre Test**

1. Do you know the width of a volleyball court? Y/N
2. Do you know 3 volleyball game rules? Y/N
3. Do you know how to score a volleyball game? Y/N
4. Do you what the term “passing” means in volleyball? Y/N
5. Do you what the term “setting” means in volleyball? Y/N
6. Do you what the term “serving” means in volleyball? Y/N
7. Do you what the term “attacking” means in volleyball? Y/N
8. Do you what the term “blocking” means in volleyball? Y/N
9. Do you what the term “offense” means in volleyball? Y/N
10. Do you what the term “defense” means in volleyball? Y/N

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Post Test**

1. Do you know the length of a volleyball court? Y/N
2. Do you know 5 volleyball game rules? Y/N
3. Do you know how to referee a volleyball game? Y/N
4. Do you know how to pass a volleyball? Y/N
5. Do you know how to set a volleyball? Y/N
6. Do you know how to serve a volleyball? Y/N
7. Do you know how to attack a volleyball? Y/N
8. Do you know how to block a volleyball? Y/N
9. Do you know the name of 3 volleyball court positions? Y/N
10. Do you how 3 volleyball warm-up exercises? Y/N