

**Course Outline for: EXSC 1116 Volleyball****A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Volleyball is a lifelong sport that emphasizes hand-eye coordination, agility and cardiovascular conditioning. Through practice and play, students develop technical skills as well as an understanding of the rules and strategies of the game. Students participate in drills and games to progress their abilities and knowledge of the sport.

**B. Date last reviewed/updated: May 2025****C. Outline of Major Content Areas:**

1. Conditioning: Stretching and strengthening exercises
2. Movement Patterns and Ready Positions
3. Offensive skills: Forearm pass, Overhead pass, Set, Drive, Spike, Tip, Underhand serve, Overhand serve
4. Defensive skills: Dig, Half roll, Full roll, Sprawl, Block
5. Team offensive strategies: Multiple offense strategies
6. Team defensive strategies: Multiple defensive strategies
7. Rules, terminology, and respectful conduct

**D. Course Learning Outcomes:**

Upon successful completion of the course, the student will be able to:

1. Demonstrate proper ready positions to move efficiently on the court.
2. Demonstrate correct offensive techniques to the level of their ability.
3. Demonstrate correct defensive techniques to the level of their ability.
4. Apply appropriate offensive strategies during play.
5. Apply appropriate defensive strategies during play.
6. Correctly apply the rules of the game of volleyball.
7. Behave in a respectful and considerate manner towards teammates and opponents.

**E. Methods for Assessing Student Learning:**

Methods for assessment may include, but are not limited to, the following:

1. Attendance and class participation
2. Subjective assessment of effort and skill
3. Written objective testing

**F. Special Information:**

None