

**University of Arkansas – Fort Smith**

5210 Grand Avenue

P. O. Box 3649

Fort Smith, AR 72913–3649

479–788–7000

**General Syllabus**

**PHYE 1701 Introduction to Volleyball**

**Credit Hours:** 1

**Activity Hours:** 2

**Prerequisite:** None

**Effective Semester:** Summer 2011

**I. Course Information**

**A. Catalog Description**

Introduction to both the rules and fundamentals of the sport of volleyball

**B. Additional Information - none**

**II. Student Learning Outcomes**

**A. Subject Matter**

Upon completion of this course, students will be able to:

1. Apply basic skills and techniques of the sport of volleyball.
2. Identify the proper rules and regulations of volleyball.
3. Demonstrate competence in teaching others the fundamentals of volleyball.

**B. University Learning Outcomes**

This course enhances student abilities in the following areas:

**Communication Skills**

This course introduces students to the communication that is involved in team sports.

**Technological Skills**

Students in this course will use technology such as software to assist in the mastery of the fundamentals of volleyball.

**Analytical Skills**

Students in this course learn to analyze the form and techniques of proper fundamentals used in the sport of volleyball.

### **III. Major Course Topics**

- A. Terminology of the sport of volleyball.
- B. The structures of volleyball formations and techniques.
- C. How Volleyball is a life-long physical education activity.
- D. Exploring a variety of different methods and styles of play within the sport of volleyball
- E. Safe and skilled operation and use of volleyball standards and equipment.
- F. Planning and producing simple but practical practice plans for the sport of volleyball.