

## Course Syllabus

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|----------------------------------|--|
| <b>1. Program of Study</b>       | Bachelor of Science Program<br>Bachelor of Arts Program<br>Bachelor of Business Administration Program<br>Bachelor of Nursing Science Program  |
| <b>Faculty/Institute/College</b> | Mahidol University International College   |
| <b>2. Course Code</b>            | ICPE107  |
| <b>Course Title</b>              | Physical Education: Volleyball   |
| <b>3. Number of Credits</b>      | 1(0-3-1) (Lecture/Lab/Self-Study)  |
| <b>4. Prerequisite (s)</b>       | None   |
| <b>5. Type of Course</b>         | General Education  |
| <b>6. Session</b>                | Trimester 1, 2 and 3/ every academic year  |
| <b>7. Conditions</b>             | -  |
| <b>8. Course Description</b>     | History, value, rules and regulations of volleyball; practicing individual and team playing skills.  |
| <b>9. Course Objective (s)</b>   | After successful completion of this course, students should be able to understand about:<br>Volleyball can't be played with much success unless a good basic of skills established. Hand-eye coordination leading to good ball control comes slowly, and patience is needed. During this course, the fundamentals are to be stressed in development and lead-up activities. Students learn the elements of serving, passing, spiking, and blocking volleyball. Offensive and defensive strategies will then be added to this base. |

## 9. Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Introduction to Volleyball; Hand out syllabus and course materials Cover outline of course	0	3	1	Vijit Kruasophon
2	Bumping, digging, and forearm pass Review basic hand and arm position Review body, arm and body motion Practice bumping Play match	0	3	1	
3	Bumping technique; Introduction to serving Practice serving Play match	0	3	1	
4	Review serving technique; Serve and bump drill  Introduction to setting  Review hand and body position Strategy for receiving Play match	0	3	1	
5	Review Setting technique; Introduction back set Introduction to Spiking Review arm and body motion Practice spiking Introduction to Blocking Review body and arm position Review strategy for serving Play match	0	3	1	
6	<i>Written Examination</i>	0	3	1	

7	Review spiking technique; Practice spiking Practice blocking Review volleyball rules and regulations Review all elements practiced Play match Organize teams for tournament	0	3	1	
8	Practice Drill; Start Tournament	0	3	1	
9	Tournament	0	3	1	
10	Practice all elements of basic skills test; Play competition match	0	3	1	
11	<i>Basic skills Test</i>	0	3	1	
12	<i>Final Exam</i>	0	3	1	
	<i>Total</i>		36	12	

### 11. Teaching Method (s)

11.1 Instructions, demonstrations and lead-up activities.

### 12. Teaching Media

12.1 Instructor's handouts

### 13. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

13.1 the ability to understand about:

Volleyball can't be played with much success unless a good basic of skills established. Hand-eye coordination leading to good ball control comes slowly, and patience is needed. During this course, the fundamentals are to be stressed in development and lead-up activities. Students learn the elements of serving, passing, spiking, and blocking volleyball. Offensive and defensive strategies will then be added to this base.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+, C, D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

Ratio of mark

Final Examination (Basic skills)	25%
Attendance and participation	40%
Written Examination	35%
Total	100%

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

#### 14. Course evaluation

- 14.1 Students' achievement as indicated in number 13 above.
- 14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

#### 15. Reference (s)

*Coaching Volleyball: Building a winning team*

by Carl McGown (Author),

#### 16. Instructor (s)

Michael Naglis

#### 17. Course Coordinator

Michael Naglis