

Code	10103		
Class name	Volleyball		
Semester	1st	Lecture target	2
Unit Classification	Elective	Unit count	1
Charge teacher	NISHI Hirofumi		
Category	Professional education subjects		
Class style	Practice		
Class time	Mon/2		
NO.			

Professional career-experienced

a course taught by a teacher with practical experience  
On practical contents related to class

Languag

using languages other than Japanese

Active learning elements

problem-solving-learning in cooperation with external organizations based on agreements

discussion,debate

group work

presentation

practical training,fieldwork

Class outline,goal

Volleyball is a sport that has been played in a wide range of ages. In physical education in schools, it is taken up as one of the net-type sports.

The aim of this class is the following two points.

- 1) To understand the basic techniques of pass, set, spikes.
- 2) To understand the rules and formations.
- 3) To understand team tactics such as the combination play with teammates.

Class plan

<p>Lesson 1. Guidance  Cautions in this class, Method of evaluating result</p> <p>Lesson 2. Trial game  6 to 6 Games(group work)</p> <p>Lesson 3. Basic skill drill 1  Ball control -Upward pass and pass in a group of two-, Simple game (group work)</p> <p>Lesson 4, Basic skill drill 2  Ball control -Pepper in a group of three-, Simple game (group work)</p> <p>Lesson 5, Basic skill drill 3  Ball control -Pepper-, Simple game (group work)</p> <p>Lesson 6, Basic skill drill 4  Ball control -Pass in a circle group, Simple game(group work)</p> <p>Lesson 7, Basic skill drill 5  Spike, Block, Simple game (group work)</p> <p>Lesson 8, Basic skill drill 6  Underhand Serve, Overhand float serve, Simple game (group work)</p> <p>Lesson 9, Basic skill drill 7  Reception, Dig, Simple game (group work)</p> <p>Lesson 10, Tactical drill 1  Quick attack, Combination attack, Simple game (group work)</p> <p>Lesson 11, Tactical drill 2  Reception (group work)</p> <p>Lesson 12, Tactical drill 3  Digg (group work)</p> <p>Lesson 13, League match 1  Team practices, Block, Competition (group work)</p> <p>Lesson 14, League match 2  Round-robin matches (group work)</p> <p>Lesson 15, Summary  Summary of the tecniques and team tactis</p>
Grading method
<p>1) The movement and timing to transmit power to the ball in basic techniques</p> <p>2) To plan and play the combination with teammates</p>
Assigned books
Relevant references and textbooks will be introduced in the class.
Classroom equipment
Volleyball equipments
Advice on preparation and review
<p>Preparation: Check the basic techniques in volleyball.(about 15 min)</p> <p>Review: Organaize the tips and sensations of sports in this class.(about 15 min)</p>

Class rules
Never be late.
Grading Criteria
1) Class participation(40/100) 2) Practical test(60/100)
Feedback method
I will explain by speaking every time.
Note
Students in teacher-training course should take this class.
Office hour
THU/1
Improvements from the results of the previous year's class evaluation questionnaire
none