

JR/SR Volleyball Study Guide

Origin

In 1895, William J. Morgan invented the game of volleyball at a YMCA in Massachusetts

Terminology

Pass	-	Most common type of hit used to return a serve
Set	-	a hit that requires contact of both hands above the forehead – most accurate type of hit in volleyball but most difficult to master.
Spike	-	a hard downward driven hit of the ball into the opponent's court
Kill	-	a hard downward driven attack that results in a point
Block	-	the first line of defense against a spike at the net
Dig	-	a ball that is playable off of an opponent's attack (spike).
Lift	-	an illegal hit when the ball rests momentarily on any part of the body
Ace	-	point earned directly from the serve hitting the opponent's court
Floater	-	a type of serve that moves in unpredictable directions
Topspin	-	a type of serve that drops very fast after it crosses the net. Toss is the most important aspect in executing a proper serve.
Let serve	-	a serve hits the top of the net and lands in the opponents court

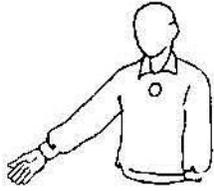
Scoring

In high school a match consists of two out of three games. The game is rally score to **25** points and the winning team must win by **two**. **Rally scoring** means that which ever team wins the rally is awarded a point. The team that does not serve first in the first game begins serving in the next game.

Rules

1. There are 6 players on a team
2. Teams rotate **clockwise**
3. A game is started by a **coin toss** to see which team gets first serve
4. If a player steps over the service line it is a **foot fault** and a point is awarded to the other team.
5. If the ball touches the net on the serve, it is a **let** serve and is considered legal.
6. A player can never touch the net any time
7. A player may step on but not over the **center line**
8. A block does not count as one of the three hits. It is **illegal** to block a serve.
9. A ball landing **on** the line is considered **in**
10. A ball that hits the ceiling and lands back on the side of the team who hit it can be played if that team still has hits left. A ball that hits the ceiling and lands on the other team's court is considered a loss of rally – point for other team. A ball can never be played off of the wall.
11. A ball can be hit by with any part of the body as long as it is not a lift (i.e. head, shoulder). Kicking a ball is illegal.
12. A player from the back row **can not** spike the ball **in front of the 10 foot line**.
13. If two or more players on the same team contact the ball at the same time, it is considered **one hit** and may be played by either person on the next hit.

Officiating Signs:



In bounds



Out of bounds



Serve



Lift



Time out



Replay

UNIT 3: FITNESS ACROSS THE P.E. CURRICULUM
Aerobic & Anaerobic Activity, CHD Risk Factor Reduction

Aerobic activity:

It is activity that is dependent upon the heart, lungs, and blood vessels to transport oxygen to use as fuel to the working muscles. It is generally large muscle activities that are sustained for relatively long periods of time

Examples of aerobic activity:

Group I activities – [provide constant intensity, not dependent upon skill]

Cycling, jogging, running, walking, rowing, stairclimbing, elliptical trainer

Group II activities – [may provide constant or variable intensity, depending on skill]

Aerobic dancing, bench step aerobics, Nordic skiing (outdoors), hiking,

In-line skating, rope skipping, swimming, water aerobics

Group III activities – [provide variable intensity and are highly dependent on skill]

Basketball, country dancing, handball, racquet sports, volleyball, circuit resist tng.

Anaerobic activity:

It is activity done in short bursts of intense movement whereas the body cannot supply blood and oxygen to the muscles as fast as the muscles use it. The immediate sources of energy (ATP & PC) stored in the muscle allow for quick short bursts lasting no more than 20 to 30 seconds. The oxygen demand for the activity is beyond what the body can sustain.

Examples of anaerobic activity:

Most sports are a combination of aerobic and anaerobic exercise. Examples of pure anaerobic exercises are: short sprints, weight lifting, high jump, diving, throwing a baseball, gymnastics vaulting, etc.

CHD Risk Factors:

[The greater the number and severity of risk factors, the greater the probability of CHD]

- **CIGARETTE SMOKING** - Everyday 3000 young people in US become smokers; closely linked to lung cancer, pulmonary disorders, & CHD; smokers have more than twice the risk of heart attacks.
- **OBESITY AND OVERWEIGHT** –60% above desirable weight; 2 of 3 adults; 2 of 5 children & adolescents; can lead to a variety of health problems – cholesterol, BP, diabetes, cancers, pulmonary, & orthopedic. Exercise and nutrition counseling to combat problem
- **PHYSICAL INACTIVITY** – Physically active people have lower incidences of heart attacks and death from CHD and tend to develop CHD at a later age compared to their sedentary counterparts.
- **HYPERTENSION** (high blood pressure)– above 140/90 ; 1 in 4 adults in USA; narrowing of blood vessels; causes heart to work harder than it should which leads to heart failure; regular exercise can lower high blood pressure.
- **HIGH CHOLESTEROL** – young adult should be under 180 for total cholesterol; diets high in fat elevate cholesterol; causes the formation of plaque on arterial walls; exercise elevates HDLs which pick up excess cholesterol in the arterial walls and metabolizes it in the liver.
- **DIABETES MELLITUS** – the pancreas fails to make enough insulin to regulate the amount of glucose in the blood or when the body cells become resistant to insulin. Diabetes is becoming much more common in young adults, especially in the overweight
- **AGE** – regular physicals as you age, the more risk factors the earlier the checkups.
- **FAMILY HISTORY** – strong genetic link to CHD. Regular exercise, proper diet, and regular checkups are best prevention; early detection and treatment recommended.