



KINE 125 - Volleyball Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616637

Discipline(s)

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 125

Course Title Volleyball

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. update info, slo and text

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Fundamentals of volleyball. Beginning: Instruction on the pass, set, spike, serve and block. Emphasis on rules, etiquette and strategy for six person team play. Text required.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. 1. Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 2. Acquire knowledge and demonstrate skills to safely engage in physical activity. 3. Understand the basic principles of anatomy, physiology and/or biomechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate knowledge of the rules and etiquette of volleyball.
- B. Understand the strategy and tactics at beginning, intermediate or advanced level of volleyball.
- C. Demonstrate proficiency of the following volleyball skills; passing, setting, hitting, serving, and blocking.
- D.

3. Course Content

- A. Pass
 - a. review stance, footwork and body movement
 - b. emphasize ball contact and control
- B. Set
 - a. review stance, footwork and body movement
 - b. emphasize ball contact and control
- C. Serve
 - a. review stance, ball toss and contact for overhand serve
- D. Hit
 - a. review ready position, approach, jump, arm swing, and contact
- E. Block
 - a. review stance, jump, hand position and contact
 - b. emphasize 2 person block
- F. Strategy
 - a. review 4-2 offense and center back defense and "free ball" call
 - b. introduce center up defense, covering hitter and switching in a setter from the front row.

C.

4. Methods of Instruction:

Lab:

Lecture:

Other: demonstration lecture handouts diagrams

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests --

Class Work --

Final Exam --

Mid Term --

Additional assessment information:

Written mid-term and final

Skills Test

Match Play

1. Please properly demonstrate how to block a volleyball.

2. Please properly demonstrate how to set a volleyball.

Survey

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

handouts

1. Basic rules of volleyball

2. History of volleyball

B. Writing Assignments

test answers

1. How and where was volleyball started?

2. Please explain the difference between running a 5-1 defense, versus a 6-2 defense.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Clemens, T. and McDowell, J.

Title: The Volleyball Drill Book (American Volleyball Coaches)

Publisher: Human Kinetics

Date of Publication: 2012

Edition:

B. Other required materials/supplies.