Number: PE G195

Title: Volleyball

**Originator:** Instructor Placeholder AAA

**Eff Term:** Spring 2008

**Formerly Known As:**

**Cross Listed Course:**

**Date of Outline/Review:** 06-22-2012

**Semester Units:** 0.5 – 1.0

**Hrs Lec:** 0.0  
**Hrs Lab:** 18.0 – 36.0  
**Hrs Other:** 0.0

**Contact Hrs Total:** 18.0 - 0.0

**Study Non-Contact Hrs Recommended:** 0.0 - 0.0

**Catalog Description:**

Participation and instruction in all facets of the game of volleyball, from fundamental skills through advanced strategies and techniques. UC credit limitations. See counselor.

**Justification for Course:**

**Prerequisites:**

**Corequisites:**

**Advisories:**

**Assigned Disciplines:**

Physical education

**Material Fee:** Yes [ ] No [X] Amount: $0.00

**Credit Status:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**Grading Policy:** Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**Open Entry/Open Exit:** Yes [ ] No [X]

**Transfer Status:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**Basic Skills Status:** Yes [ ] No [X]  
**Levels Below Transfer:** Not Applicable

**California Classification Codes:** Y - Not Applicable

**Non Credit Course Category:** Y - Not applicable, Credit Course

**Occupational (SAM) Code:** E

**Repeatable According to State Guidelines:** No [X] Yes [ ] Number Repeats:

**Required for Degree or Certificate:** No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts)  
Kinesiology (Associate in Arts for Transfer)  
Physical Education and Health (Associate in Arts)

**GE and Transfer Requirements Met:**

CSU GE Area E: Lifelong Understanding and Self-Development  
E2 - Activity Course

**Course Level Student Learning Outcome(s) Supported by this course:**

1. Compile skills necessary to participate in the sport of volleyball at an advanced level.
2. Evaluate his or her personal skill levels to determine strengths and weaknesses.
3. Compare the advantages and disadvantages of the 4-2, 5-1, and 6-2 offensive systems.
COURSE OBJECTIVES:
1. construct skills necessary to participate in the sport of volleyball at an advanced level.
2. compare the advantages and disadvantages of the 4-2, 5-1, and 6-2 offensive systems.
3. evaluate their personal skill levels to determine strengths and weaknesses.
4. appraise defensive systems in order to construct a system to be performed in a laboratory situation.
5. employ a satisfactory knowledge of the rules of volleyball.
6. use proper safety procedures.

COURSE CONTENT:

LECTURE CONTENT:

LABORATORY CONTENT:

I. Safety Procedures and Equipment Maintenance
   A. General safety and social practices
   B. Procedures of preparing gymnasium for volleyball

II. Volleyball Skills
   A. Serve reception
   B. Set
   C. Attack
   D. Block
   E. Serve
   F. Digging

III. Comprehension and Application of Game Rules

IV. Team Drills

V. Competition

METHODS OF INSTRUCTION:

A. Lab:
   B. Tutoring – noncredit:
   C. Field Experience:
   D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments

Various articles on volleyball

Out-of-class Assignments

1. Write an analysis of another student's skill based on kinesiological principles of movement.
2. Develop a self analysis of his/her own skills based on principles taught during class.
3. Be involved in cooperative learning in preparation for the final exam.
4. Complete selected reading assignments.
5. Prepare a written analysis of course specific skills observed at an intercollegiate volleyball match.

Writing Assignments

Synthesize a knowledge of volleyball rules, skills, and strategies into game execution.
Compare and contrast various offensive systems.
Identify strengths and weaknesses in performance of skills.
Apply advanced defensive principles in game competition.
METHODS OF STUDENT EVALUATION:
Final Exam
Short Quizzes
Written Assignments
Report
Projects (ind/group)
Problem Solving Exercises
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:

1. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.
2. Develop a self analysis of his/her own skills based on principles taught during class.
3. Apply kinesiological and mechanical principles in a competitive environment.
5. Apply kinesiological and mechanical principles of movement when answering questions on the final exam.

Required Writing, Problem Solving, Skills Demonstration:

Synthesize a knowledge of volleyball rules, skills, and strategies into game execution. Compare and contrast various offensive systems. Identify strengths and weaknesses in performance of skills. Apply advanced defensive principles in game competition.

TEXTS, READINGS, AND RESOURCES:

Other:

1. Appropriate attire

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files