

### Course Outline

**COURSE:** ATH 21                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 21 & PE 21

**TERM EFFECTIVE:** Summer 2020                      **CURRICULUM APPROVAL DATE:** 05/12/2020

**SHORT TITLE:** VOLLEYBALL

**LONG TITLE:** Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

**COURSE DESCRIPTION:**

This is a sport specific course designed for our student-athletes. Fundamentals, strategy and rules of the game of volleyball are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated  
 Maximum of 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

1. Demonstrate the proper techniques for passing, setting, hitting, blocking and overhand serving a volleyball.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Summer

2. Describe and execute the offensive and defensive strategies, including each individual's responsibilities.

Measure of assessment: demonstration, role playing, discussion

Year assessed, or planned year of assessment: 2017

Semester: Summer

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 05/12/2020

1.5 - 3 Hours

Content: Discussion on class procedures and grading. Proper care of equipment and net set-up will be presented.

Student Performance Objectives: Instruct each other on the correct way to set-up the nets on the volleyball courts. Discuss the proper care of the equipment.

4.5 - 9 Hours

Content: The techniques for passing and for setting will be presented. The overhand serve will be described and demonstrated. Hitting, including the footwork and arm swing, will be taught.

Student Performance Objectives: Demonstrate the proper techniques for a pass, a set, an overhand serve, and a hit.

4.5 - 9 Hours

Content: Review of skills learned. Drills incorporating passing and setting; passing, setting and hitting; and serving, passing, setting and hitting will be utilized. These skills may be practiced in game-like situations and/or incorporated in game play.

Student Performance Objectives: Demonstrate their serving, passing, setting and hitting skills in game-like situations. Describe the proper techniques for each skill.

3 - 6 Hours

Content: Court positioning, the responsibilities of each position and rotation will be illustrated. Opportunities for students to execute their passing, setting, hitting and serving skills while maintaining their correct court positioning and responsibilities will be provided. This may include serve receive drills.

Student Performance Objectives: Discuss the responsibilities of each position. Practice the correct rotation and positioning.

4.5 - 9 Hours

Content: Blocking techniques and offensive and defensive strategies will be presented and practiced. Game-like situations will be provided for students to practice all the skills learned during earlier classes.

Student Performance Objectives: Demonstrate the proper techniques for blocking. Execute offensive and defensive strategies.

6 - 12 Hours

Content: Warm-up with a variety of drills in preparation for game play. Rules governing official game play will be discussed. Tournament play, incorporating all skills and knowledge learned to date. This may include 6 and/or 2 player games.

Student Performance Objectives: Demonstrate their fundamental volleyball skills during game play. Utilize offensive and defensive strategies during game play.

1.5 - 3 Hours

Content: Skill testing and semester review.

Student Performance Objectives: Participate in skill testing. Discuss the rules and strategies of volleyball.

2 Hours

Final

**METHODS OF INSTRUCTION:**

Lecture, demonstration, video and drills.

**METHODS OF EVALUATION:**

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Other: Short Answer

Other methods of evaluation

Percent of total grade: 40.00 %

Other: Student participation

**OUT OF CLASS ASSIGNMENTS:**

Assignment Description: As this is a lab course, no out of class assignments are required.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 21

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000533729

Sports/Physical Education Course: Y

Taxonomy of Program: 083550