

Course Outline

COURSE: KIN 121A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2016 **CURRICULUM APPROVAL DATE:** 10/12/2015

SHORT TITLE: VOLLEYBALL - BEGINNING

LONG TITLE: Volleyball - Beginning

<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:

Coeducational activity designed for beginning volleyball students. Includes the basic skills and rules. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Perform the basic underhand pass, underhand serve and overhand serve.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2016-17

2. Utilize the correct techniques when setting and hitting.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2016-17

3. Explain and practice the rules of volleyball.

Measure: written exam, oral quiz, demonstration

PLO: 7

ILO: 2,7,1

GE-LO: A1,A2

Anticipated Year of Assessment: 2016-17

PROGRAM LEARNING OUTCOMES:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

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

Curriculum Approval Date: 10/12/2015

4.5 - 9 Hours Content: Course overview, including learning outcomes, course requirements and grading. The underhand pass - hand/arm position, contact point, body position and footwork - will be demonstrated and practiced. Incorporate a variety of passing drills for practice purposes, such as the shuttle drill, into the class sessions.

Student Performance Objectives (SPO): Demonstrate the correct techniques for the underhand pass, including the hand/arm position, contact point, stance and footwork.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Review the underhand pass. Introduce and practice the techniques for the underhand serve and overhand serve - hand position, ball contact point and toss. Introduce the rules that relate to the underhand pass and serving.

Student Performance Objectives (SPO): Demonstrate the proper techniques for the underhand serve and overhand serve. List and utilize the rules that pertain to the underhand pass and to serving.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Review the underhand serve and overhand serve. Introduce setting - hand and elbow position, follow through and footwork. Introduce hitting - arm swing, body position and footwork.

Present the rules that relate to these skills, such as ball handling - double contact - and net violations. Utilize a variety of activities, including 2 and 4 person pepper, to practice these skills.

Student Performance Objectives (SPO): Demonstrate the correct techniques for setting and for hitting. Explain and utilize the rules that relate to setting and to hitting.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Review setting and hitting. Presentation on the other rules related to volleyball, such as rotation, scoring and substitution. Incorporate drills such as the butterfly drill to practice the skills learned to date. Utilize modified game play to practice the rules.

Student Performance Objectives (SPO): Participate in class activities. Discuss and apply the rules related to game play. Demonstrate the correct techniques for the volleyball skills performed.

Out-of-Class Assignments:

7.5 - 15 Hours Content: Continue to work on skill building by practicing the basic volleyball skills - underhand pass, underhand serve, overhand serve, setting and hitting - in a variety of drill and game activities. Practice the correct rules during all class activities.

Student Performance Objectives (SPO): Utilize the correct skill techniques when performing the underhand pass, underhand serve, overhand serve, setting and hitting. Apply the rules during class play. Participate in class activities.

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Category 1 - The types of writing assignments required:

Percent range of total grade: 0 % to %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

Category 2 - The problem-solving assignments required:

Percent range of total grade: 0 % to %

Category 3 - The types of skill demonstrations required:

Percent range of total grade: 35 % to 60 %

Performance Exams

Category 4 - The types of objective examinations used in the course:

Percent range of total grade: 10 % to 20 %

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Category 5 - Any other methods of evaluation:

Class participation. Percent range of total grade: 35 % to 60 %

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201630

UC TRANSFER:

Not Transferable

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: KIN

CSU Crosswalk Course Number: 121A

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:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000