



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2026

CURRICULUM APPROVAL DATE: 05/13/2025

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

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

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.

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

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Perform the basic underhand pass, underhand serve and overhand serve.
2. Utilize the correct techniques when setting and hitting.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Apply all indoor volleyball rules during class play.
2. Utilize the correct skill techniques when performing the underhand pass, underhand serve, overhand serve, setting and hitting. Students will demonstrate the appropriate footwork, arm and hand positioning, and point of contact for each skill.
3. Demonstrate the correct techniques for the volleyball skills performed.
4. Discuss and apply the rules related to game play.
5. Explain and utilize the rules that relate to setting and to hitting including illegal double contacts, footwork, arm and hand positioning, point of contact, lifting, and netting.
6. List and utilize the techniques that pertain to the underhand pass and to serving including points of contact, footwork, and weight shifting.
7. Demonstrate the proper techniques for the underhand serve and overhand serve. Students will learn both underhand and overhand styles of serving, then they will continue to practice whichever serving style they are most successful in. Given their chosen serving style, they will learn to demonstrate different serves utilizing the chosen style.
8. Demonstrate the correct techniques for the underhand pass, including the hand/arm position, contact point, stance, footwork, and weight shifting. Students will work to demonstrate "3 point passing" while incorporating holding their platform and utilizing an angled platform.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

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.

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.

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.

4.5 - 10 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.

7 - 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.

2 Hours Final Exam.

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 45

Evaluation Description

Performance Exams

Objective examinations

Evaluation Percent 20

Evaluation Description

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Other methods of evaluation

Evaluation Percent 35

Evaluation Description

Percent range of total grade: 35 % to 60 %

Class participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E

GAV E1

GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Course Control Number: CCC000568880

Sports/Physical Education Course: Y

Taxonomy of Program: 127000