



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 05/13/2025

SHORT TITLE: VOLLEYBALL - INTERMEDIATE

LONG TITLE: Volleyball - Intermediate

<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 intermediate volleyball students. This course provides the student with the opportunity to refine and perfect their basic volleyball skills and to master the individual positions. 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

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Perform the correct techniques for overhand passing, digging, tipping, roll shots and blocking.
2. Demonstrate a consistent serve, floater and/or top spin serve.
3. Explain and practice the basic court positions and offensive and defensive responsibilities.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate and explain transition offense and each person's responsibilities. Efficiently transition off the net using transition footwork while identifying ball trajectory.

2. Demonstrate the techniques for swing blocking. Include footwork patterns, appropriate foot-work tempo, and arm-swing motions to swing block.

3. Discuss and utilize rotational defense during class game play. Understand and demonstrate defensive positions, shifts, and responsibilities. Utilize appropriate digging/passing techniques including tomahawk, open-hand passing, and platform passing.

4. Demonstrate the correct technique and footwork for blocking and block coverage. Students will practice the swing-blocking footwork, tempo, and techniques.

Students will also learn to understand the off-blocker coverage and responsibilities.

5. Apply the skills, rules, scoring and strategies in game play.

6. Utilize the correct skill techniques when performing the underhand pass, serve, setting and hitting including the appropriate footwork for these skills.

7. Demonstrate the correct techniques for all of the volleyball skills performed.

8. Discuss and apply the rules related to game play.

9. Explain and utilize the rules that relate to setting and to hitting including (extreme) double contacts, netting, lifting, and back row attacks.

10. Demonstrate the correct techniques for setting and for hitting including approach footwork, arm and hand positioning, contact points and follow through.

11. List and utilize the rules that pertain to pass and to serving. Students will understand the 8-second rule when serving as well as the formation to be in-rotation during passing on serve receive.

12. Demonstrate the proper techniques for the underhand serve and overhand serve. Students will practice serving techniques to determine which is most appropriate for their success considering the consistency of their serve success.

13. Demonstrate the correct techniques for the underhand pass (platform), including the hand/arm position, contact point, stance, footwork, and holding.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

4.5 - 9 Hours Content: Course overview, including learning outcomes, course requirements and grading. Review the underhand pass and introduce overhand passing - hand position and body position. Discuss when and why each of these passes would be used. Introduce digging, including the correct stance and footwork. Incorporate these skills using a variety of practice drills. Discuss the rules related to the overhand pass and digging.

4.5 - 9 Hours Content: Review the overhand pass and the dig as well as the underhand serve and the overhand serve. Introduce the following serves: jump serve, floater and top spin. Continue to work on skill building by incorporating a variety of activities which allow the students to practice all skills learned to date.

4.5 - 9 Hours Content: Review all skills learned to date. Review setting and hitting and incorporate 4 person pepper and cross court pepper to practice one's volleyball skills. Introduce tipping and roll shots into the hitting drills. Discuss the rules related to tipping and roll shots. Presentation on blocking, including hand and arm positioning and footwork. Discuss the rules related to blocking.

4.5 - 10 Hours Content: Review basic court positions and offensive and defensive responsibilities, including serve and receive. Incorporate modified game play to practice all skills and court knowledge learned to date.

7 - 15 Hours Content: Continue to practice all volleyball skills - passing, digging, serving, setting, hitting and blocking - in a variety of drill and game activities.

2 Hours

Final Exam.

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 30

Evaluation Description

Performance Exams

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Class participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

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: CCC000568968

Sports/Physical Education Course: Y

Taxonomy of Program: 127000