

Course Outline

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

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

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

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.

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 correct techniques for overhand passing, digging, tipping, roll shots and blocking.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2016-17

2. Demonstrate a jump serve, floater and top spin serve.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2016-17

3. Explain and practice the basic court positions and offensive and defensive responsibilities.

Measure: written exam, oral quiz, demonstration

PLO: 7,4

ILO: 2,7,1

GE-LO: A1,A2,E1

Anticipated Year of Assessment: 2016-17

PROGRAM LEARNING OUTCOMES:

After completing the Kinesiology major a student will be able to:

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. 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.

Student Performance Objectives (SPO): Demonstrate the proper techniques for the overhand pass. Explain when and why the overhand pass would be used vs. the underhand pass. Explain the rules related to the overhand pass and digging.

Out-of-Class Assignments:

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. Student Performance Objectives (SPO): Demonstrate the jump serve, floater and top spin serves. Utilize a variety of serves during class drills. Participate in class activities.

Out-of-Class Assignments:

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.

Student Performance Objectives (SPO): Demonstrate the techniques for tipping, roll shots and blocking. Explain the rules related to tipping, roll shots and blocking. Demonstrate proper techniques when utilizing volleyball skills during class activities.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Presentation on basic court positions and offensive and defensive responsibilities, including serve receive. Incorporate modified game play to practice all skills and court knowledge learned to date.

Student Performance Objectives (SPO): Discuss the basic court positions and explain their offensive and defensive responsibilities. Participate in class activities utilizing proper volleyball skills.

Out-of-Class Assignments:

7.5 - 15 Hours Content: Continue to practice all volleyball skills - passing, digging, serving, setting, hitting and blocking - in a variety of drill and game activities.

Student Performance Objectives (SPO): Utilize correct court positioning and practice correct offensive and defensive responsibilities during game play. 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: 121B

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