



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 05/13/2025

SHORT TITLE: VOLLEYBALL - ADVANCED

LONG TITLE: Volleyball - Advanced

<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 the advanced volleyball student. Includes game principles, techniques and strategies. 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

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Perform at least three (3) offensive hitting combinations in drills and/or game play.
2. Discuss and demonstrate a transition offense and rotational defense.
3. Explain the strategies involved in the 6-2, 5-1, and 4-2 offenses.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Apply the skills, rules, scoring and strategies in game play.
2. 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.
3. Demonstrate the techniques for swing blocking. Include footwork patterns, appropriate foot-work tempo, and arm-swing motions to swing block.
4. Explain transition offense and each person's responsibilities. Efficiently transition off the net using transition footwork while identifying ball trajectory.
5. Utilize at least three types of hitting combinations during class game play. Students will practice demonstrating different attacks from different positions. This involves offensive transitioning to a hitting zone and overlapping to run attack routes with other players.
6. Demonstrate the quick tempo set and attack. Students will learn to identify a "go" pass which allows the opportunity to run a quick set/attack. In doing so, students will demonstrate the skill of approaching for their attack at a quicker-tempo than their normal attack.
7. Utilize a variety of volleyball skills during class activities including serving, passing with hands and platform, setting with hands and platform, standing and jumping attacks, digging with platform and hands, diving for necessary balls, jousting, and swing blocking for defense.
8. Explain the strengths and weaknesses of the 6-2, 4-2 and 5-1 offenses. Students will learn how setter-positioning affects rotation and offensive options.
9. List each position's offensive and defensive responsibilities.
10. Demonstrate three types of serves and serve them for accuracy. Students will demonstrate three of the following serves: standing float, jump float, top spin, jump top spin, short serve, and side spin serves.
11. Discuss why/when one would use the underhand pass vs. the overhand pass. Students will become familiar with appropriate passing through experiences in class activities, thus, they will be able to explain why they would choose to use a platform (underhand) pass versus an overhand pass.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

4 - 9 Hours Content: Course overview, including learning outcomes, course requirements and grading. Review and practice the techniques for passing, digging, setting, hitting, blocking and serving.

4 - 9 Hours Content: Review the court positions, offensive and defensive responsibilities and serve receive. Discuss the 6-2, 4-2 and 5-1 offenses. Incorporate a variety of game drills, such as 6 on 6 wash drills, to practice techniques and positioning.

5 - 9 Hours Content: Presentation on offensive strategies, such as the quick-tempo set/attack, offensive overlap plays (routes), tipping, shots, and attacking the setter.

5 - 10 Hours Content: Presentation on swing blocking and rotational defense. Demonstration of defensive footwork in all positions including swing-blocking footwork and tempo. Continue to work on skill building on defense using a variety of class drills and game play.

7 - 15 Hours Content: Continue working on serving, serve receive, defensive, setting, and offensive techniques, game principles and strategies. Provide a variety of drills, game-like situations, and game play for practice purposes.

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

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000568882

Sports/Physical Education Course: Y

Taxonomy of Program: 127000