

Course Outline

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

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

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

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

STUDENT LEARNING OUTCOMES:

1. Perform at least three (3) offensive hitting combinations in drills and/or game play.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Anticipated Year of Assessment: 2016-17

2. Discuss and demonstrate a transition offense and rotational defense.

Measure: class discussion, demonstration, quiz

PLO: 7,4

ILO: 1,7,2,4

GE-LO: A1,A2,E1

Anticipated Year of Assessment: 2016-17

3. Explain the strategies involved in the 6-2, 4-2 and 5-1 offenses.

Measure: discussion, quiz

PLO: 7

ILO: 1,7,2

GE-LO:

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 and practice the techniques for passing, digging, setting, hitting, blocking and serving.

Student Performance Objectives (SPO): Utilize a variety of volleyball skills in class activities. Discuss why/when one would use the underhand pass vs. the overhand pass. Demonstrate three types of serves and serve them for accuracy.

Out-of-Class Assignments:

4.5 - 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.

Student Performance Objectives (SPO): List each positions offensive and defensive responsibilities. Explain the strengths and weaknesses of the 6-2, 4-2 and 5-1 offenses. Utilize a variety of volleyball skills during class activities. Participate in class drills.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Presentation on offensive strategies, such as the quick set/hit and other offensive hitting combinations as well as transition offense.

Student Performance Objectives (SPO): Demonstrate the quick set/hit. Utilize at least three types of hitting combinations during class game play. Explain transition offense and each person's responsibilities.

Out-of-Class Assignments:

4.5 - 9 Hours Content: Presentation on swing blocking and rotational defense. Continue to work on skill building using a variety of class drills and game play.

Student Performance Objectives (SPO): Demonstrate the techniques for swing blocking. Discuss and utilize rotational defense during class game play. Participate in class activities.

Out-of-Class Assignments:

7.5 - 15 Hours Content: Continue working on all techniques, game principles and strategies. Provide a variety of drills, game-like situations and game play for practice purposes.

Student Performance Objectives (SPO): Apply the skills, rules, scoring and strategies in game 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: % 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: % 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: 121C

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