

### Course Outline

**COURSE:** KIN 13A                      **DIVISION:** 40                      **ALSO LISTED AS:** PE 13A

**TERM EFFECTIVE:** Fall 2013                      **Inactive Course**

**SHORT TITLE:** FUND OF VOLLEYBALL

**LONG TITLE:** Fundamentals of Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

#### **COURSE DESCRIPTION:**

This course offers basic instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in the fundamental aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 13A. This course will be listed as ATH 13A effective Fall 2013.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 1 times

#### **SCHEDULE TYPES:**

02 - Lecture and/or discussion

03 - Lecture/Laboratory

04 - Laboratory/Studio/Activity

#### **STUDENT LEARNING OUTCOMES:**

1. The student will identify and describe equipment needs, and stretching and conditioning methods specific to volleyball.

Measure: Demonstration, Exam

ILO: 7, 2, 1

GE-LO: A1, A2

2. The student will demonstrate the basic fundamentals of passing, hitting, setting, serving, and defense.

Measure: Performance

ILO: 7

GE-LO: E1

3. The student will recognize various offensive and defensive situations common to volleyball and react accordingly.

Measure: Performance, Observation

ILO: 7, 2, 1

GE-LO: A1,A2, E1

4. The student will explain the rules, basic strategies, and basic offensive and defensive theories.

Measure: Quizzes, Demonstration

ILO: 2, 7, 1

GE-LO: A1,A2

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Inactive Course: 09/24/2012

20 Hours

Introduction and discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to volleyball will be presented. Presentation on the fundamentals of passing and setting; including the stance, footwork and mechanics involved in each skill. Basic serving fundamentals will be introduced. Lecture, discussion, video, and guided practice in the fundamental techniques of the float serve and topspin serve will be presented. Introduce serving areas. Students who repeat this class will become more proficient in these basic skills through the repetition of the drills, such as 3 person passing and butterfly passing.

HW: Students will watch a practice and write a description of the passing and setting drills used. Using a video, students will evaluate their serving technique.

SPO: Students will demonstrate the proper use of equipment and stretching and conditioning methods specific to the sport. They will demonstrate and explain the basic fundamentals involved in passing and setting. Basic serving techniques will be demonstrated by the students.

16 Hours

Presentation on the fundamental mechanics involved in hitting, including the approach, arm swing, follow through, and wrist snap will be introduced. Lectures, demonstrations, video, live games, and guided practices will be utilized. General defense, including defensive position, movement, and team philosophy will be discussed. Introduction to team defense, including 3 person defense, 5 person defense, and defensive schemes. Situations, philosophies, and strategies involved in various team defenses will be discussed. Students who repeat this class will become more proficient in hitting the ball through repetition of the drills in this course. They will become more skilled defenders through repetition and practice.

HW: Students will attend a match and analyze hitting techniques. They will make a list of the fundamental hitting techniques observed which will be discussed in class. Students will watch a match (either live or on video) and share observations of defensive techniques with fellow classmates. They will watch a collegiate

level match and chart what defense is being used and how successful or unsuccessful it is. Students will also note what adjustments are or are not being made and how this affects the match outcome.

SPO: Students will be able to analyze the various techniques involved in executing a spike. They will be able to explain and demonstrate general defensive techniques. Students will perform various defenses in drill and scrimmage situations. Students who repeat this class will also be able to explain the different defenses.

#### 12 Hours

Demonstration and practice of the different sets to hit; such as a 5 (high backset), 4 (high outside), 3 (shoot to middle), 2 (high middle), and 1 (quick middle). Introduction of serve receive rotation. Students who repeat this course will become more proficient in executing the above skills through repeated practice.

HW: Students will watch and evaluate players in a match situation, analyzing the effectiveness or failures of various sets. They will chart the various serve receive rotations and be able to explain them to their fellow class members.

SPO: Students will be able to demonstrate different sets in practice and game situations. They will demonstrate serve receive rotations in practical game situations. Students who repeat this course will be able to explain the serve receive rotations.

#### 20 Hours

Lecture, discussion, and testing on the basic rules of the sport of volleyball. A written test on the rules will be included. Interclass play, including tournament play. Semester review. Student skills and their ability to execute offensive and defensive schemes will be evaluated during game play. Student who repeat this class will demonstrate their knowledge of the rules by umpiring/refereeing scrimmages and making the correct calls depending on the violation. They will become more proficient in their skills through supervised practice.

HW: Students will analyze a referee and/or umpire's performance. They will watch a match and write a critique utilizing the information gained in class. They will meet in groups to review for the written and practical final.

SPO: Students will participate in a written exam on the rules of play. They will demonstrate their skills, offensive and defensive positioning, and the rules of the game through interclass play and by umpiring/refereeing.

#### 2 Hours

Final.

#### **METHODS OF INSTRUCTION:**

Lecture, demonstration, guided practice, video-analysis and interpretation, group discussion.

#### **METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 10 % to 20 %

Written Homework

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 %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

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

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 20 % to 40 %

Course requires participation.

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about. "Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified

with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

**REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

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: 13A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number: CCC000528361

Sports/Physical Education Course: Y

Taxonomy of Program: 083500