

Course Outline

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

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 review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all 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 13B. This course will be listed as ATH 13B effective Fall 2013. **ADVISORY:** PE 13A or KIN 13A.

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 demonstrate advanced skills specific to passing, setting, hitting, serving, blocking, and defense.

Measure: Performance

ILO: 7, 2

GE-LO: E1

2. The student will recognize various systems of play unique to volleyball and react accordingly.

Measure: Demonstration, Observation

ILO: 7, 2, 1, 4

GE-LO: A1, A2, E1

3. The student will analyze and interpret game rules, advanced strategies, and a variety of offensive and defensive schemes.

Measure: Written test, Performance test

ILO: 7, 1, 2, 4

GE-LO: A1, A2, E1

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

Inactive Course: 09/24/2012

20 Hours

Introduction and discussion of course syllabus and grading procedures. Review of equipment needs and additional conditioning and stretching for volleyball. Advanced passing and setting. More detailed instruction in the essential fundamentals of passing and setting, including the stance, foot positions and mechanics involved in each skill. Advanced serving. Advanced serving fundamentals including stance, ball toss, arm swing, contact point, and approach will be presented. Lecture, discussion, film, and guided practice will be utilized. In addition to reviewing the float and topspin serve, advanced serves such as the jump serve and one foot jump floater will be taught. Service areas will also be discussed. Students who repeat this class will become more proficient in advanced skills through the repetition of the advanced drills in this course. Those who repeat the class will be able to serve at a 60% success rate to specific service areas as called by the instructor.

HW: Students will develop a list of stretching and conditioning exercises explaining the specific benefits to volleyball players. They will watch several matches and write descriptions of the advanced setting and passing skills shown. The students will have someone video-tape them performing the jump and one foot jump floater serves so they can evaluate their serving technique.

SPO: Students will utilize the correct methods of stretching and participate in conditioning drills. They will demonstrate and verbally explain the fundamentals involved in advanced passing and setting. The jump serve and one foot jump floater will be demonstrated by the students.

16 Hours

Advanced hitting. Advanced fundamental mechanics involved in hitting such as the one foot approach with different hitting options and combination hits will be presented. Advanced defense. Defensive position, movement, and team philosophy will be reviewed. Defensive drills such as run throughs and rolling will be introduced. Advanced team defense, such as read defense and rotation defense will be presented.

Defensive drills such as 3 person and 5 person defense will be reviewed. The material will be presented through lectures, demonstrations, video, live games, and guided practices. Students who repeat this class will become more proficient in these advanced skills (one foot approach and combination hits) through repetition of the drills in this course. They will become more advanced defenders.

HW: Students will attend a match and analyze hitting techniques. They will make a list of the advanced hits used, which will be discussed in class. Students will watch a match and/or videos and share observations of defensive techniques. They will watch a collegiate level match and chart what defenses are being used. They will also note what adjustments are being made.

SPO: Students will analyze the various skills involved in executing all types of hits. They will be able to demonstrate run throughs and rolling. Students will demonstrate read and rotation defenses and be able to perform them in drills and scrimmages. Situations, philosophies, and strategies involved in various team defenses will be explained by students who repeat the class.

12 Hours

Continue to practice hitting different sets (1 - 5). Introduction and practice of combination hitting. Continue practice of serve receive rotation and when ready, incorporate this with combination hitting. Students who repeat this course will become more proficient in executing hitting skills through repeated supervised practice.

HW: Students will watch and evaluate players in a match situation, analyzing the effectiveness of combination hits. They will chart the various serve receive rotations and be able to explain them to the class.

SPO: Students will be able to demonstrate combination hits and include them in the various serve receive rotation positions.

20 Hours

Review of the rules of the game. Lecture, discussion, and test on the rules of the sport of volleyball. Introduce blocking, including form and footwork. Interclass play, which may include a tournament. Semester review. A student's ability to execute advanced skills, combination plays, and offensive and defensive schemes will be evaluated. Students who repeat this class will demonstrate their knowledge of the rules by umpiring/refereeing scrimmages and making the correct calls depending on the violation. Students who repeat the course will become more proficient at blocking through supervised practice.

HW: Students will analyze a referee and/or umpires performance. They will watch a match and write a critique utilizing the information gained in class. Outside of class students will meet to review for the written and/or practical final.

SPO: Students will explain the rules of the game. They will demonstrate their skills (including blocking), 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: 13B

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: CCC000528362

Sports/Physical Education Course: Y

Taxonomy of Program: 083500