

Course Outline

COURSE: KIN 21 **DIVISION:** 40 **ALSO LISTED AS:** PE 21

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: VOLLEYBALL

LONG TITLE: Volleyball

<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 beginning and intermediate volleyball students; rules, strategy and fundamentals of volleyball. This course has the option of a letter grade or pass/no pass. Previously listed as PE 21. Course will be listed as ATH 21 effective Fall 2013.

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. The student will explain the rules governing a volleyball game.

ILO: 2, 7, 1

Measure: written exam

2. The student will demonstrate the proper techniques for passing, setting, hitting, blocking and overhand serving a volleyball.

ILO: 7, 2, 4

Measure: demonstration

3. The student will describe and execute the offensive and defensive strategies, including each individual's responsibilities.

ILO: 7, 2, 1, 4

Measure: performance, role playing

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

Inactive Course: 10/22/2012

1.5 - 3 Hours

Discussion on class procedures and grading. Proper care of equipment and net set-up will be presented.

SPO: Students will instruct each other on the correct way to set-up the nets on the volleyball courts. They will discuss the proper care of the equipment.

4.5 - 9 Hours

The techniques for passing and for setting will be presented. The overhand serve will be described and demonstrated. Hitting, including the footwork and arm swing, will be taught.

SPO: The proper techniques for a pass, a set, an overhand serve, and a hit will be demonstrated.

4.5 - 9 Hours

Review of skills learned. Drills incorporating passing and setting; passing, setting and hitting; and serving, passing, setting and hitting will be utilized. These skills may be practiced in game-like situations and/or incorporated in game play.

SPO: Students will demonstrate their serving, passing, setting and hitting skills in game-like situations. They will be able to describe the proper techniques for each skill.

3 - 6 Hours

Court positioning, the responsibilities of each position and rotation will be illustrated. Opportunities for students to execute their passing, setting, hitting and serving skills while maintaining their correct court positioning and responsibilities will be provided. This may include serve receive drills.

SPO: The responsibilities of each position will be discussed. Students will practice the correct rotation and positioning.

4.5 - 9 Hours

Blocking techniques and offensive and defensive strategies will be presented and practiced. Game-like situations will be provided for students to practice all the skills learned during earlier classes.

SPO: Students will demonstrate the proper techniques for blocking. They will execute offensive and defensive strategies.

6 - 12 Hours

Warm-up with a variety of drills in preparation for game play. Rules governing official game play will be discussed. Tournament play, incorporating all skills and knowledge learned to date. This may include 6 and/or 2 player games.

SPO: Students will demonstrate their fundamental volleyball skills during game play. Offensive and defensive strategies will be utilized.

1.5 - 3 Hours

Skill testing and semester review.

SPO: Students will participate in skill testing and discuss the rules and strategies of volleyball.

2 Hours

Final.

This is a skill building class where the students' skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

Lecture, demonstration, video and drills.

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

The types of objective examinations used in the course:

Multiple choice

True/false

Other: short answer

Other category:

Other: Student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 60%

Objective examinations: 10% - 30%

Other methods of evaluation: 30% - 60%

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: 21

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: CCC000528370

Sports/Physical Education Course: Y
Taxonomy of Program: 083500