

Course Outline

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

TERM EFFECTIVE: Fall 2011 **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. This course is now listed as Kinesiology 13A, effective Fall 2011.

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: 11/08/2010

This course is now listed as Kinesiology 13A, effective Fall 2011.

Curriculum Approval Date: 02/22/2010

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.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200630

CSU GE:

CSU E1, effective 200630

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200630

UC TRANSFER:

Transferable UC, effective 200630

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: PE
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:
Minimum Hours:
Course Control Number: CCC000195187
Sports/Physical Education Course: Y
Taxonomy of Program: 083500