

Course Outline of Record

1. Course Code: KINE-091
2.
 - a. Long Course Title: Volleyball
 - b. Short Course Title: VOLLEYBALL
3.
 - a. Catalog Course Description:
This course provides beginning, intermediate, and advanced instruction and practice in skills, offensive and defensive strategies, and officiating of volleyball.
 - b. Class Schedule Course Description:
Volleyball activity class
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*
a. be eligible to take college credit courses.

8. Course Content and Scope:

Lecture:

1. History
2. Rules
3. Strategy
4. Decorum
5. Safety
6. Agility and skill development
7. Plyometrics
8. Off season conditioning strategies for volleyball
9. Volleyball opportunities in the community

Lab: (if the "Lab Hours" is greater than zero this is required)

- a. Basic Elements
 - i. The Court
 - ii. Court Directions
 - iii. The Net
 - iv. The Ball
 - v. The Team and Substitutes
 - vi. Player Position & Rotation Order
 - vii. The Game
 - viii. The Flow of the Game

- ix. Phases and Skills of the Game
- x. Protocol
- xi. The Most Common Fouls
- xii. Roles of the Officials
- b. Team Composition
 - i. Player Specialization
 - ii. Categories of Players
 - iii. Alignments & Arrangements
 - iv. Ranking Players
 - v. Considerations for Court Alignment
 - vi. Alignment of Players
 - vii. The 4-2 Team Composition
 - viii. The 6-2 Team Composition
 - ix. The 5-1 Team Composition
- c. The Serve
 - i. Types of Serves
 - ii. Serving Techniques
 - iii. The Ultimate Serve
 - iv. Preparation for Serving
 - v. Time Element
 - vi. Serving Tactics
- d. Serve Reception and Passing
 - i. The Pass
 - ii. Team Serve Reception
- e. The Set
 - i. Basic Setting Technique
 - ii. Setting for the Setter
- f. The Attack
 - i. Individual Attack
 - ii. Summary of Spiking Techniques
 - iii. Varying the Spike
 - iv. Team Attack--Formations
 - v. Organizing the Attack
 - vi. Spiker Coverage
- g. The Block
 - i. Basic Concepts of Blocking
 - ii. Individual Blocker's Technique
 - iii. Double Block
 - iv. Triple Block
 - v. Blocking Strategy
 - vi. Blocking Adjustments
- h. Floor Defense
 - i. Basic Concepts of Defense
 - ii. Perimeter/See-and-Respond Defense
 - iii. Individual Defensive Skills
 - iv. Team Formations
 - v. Man-Up Defense
 - vi. Man-Down Defense

9. Course Student Learning Outcomes:

- 1. Identify and execute the skills of volleyball.

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2. Develop physical fitness.
3. Demonstrate how to attack the opposition with ball strikes, including spiking, rolling, dinking and freeballing.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Recognize and demonstrate correct mechanical techniques for the performance of volleyball skills.
- b. Identify and apply properly the rules and offensive and defensive strategies of the game.
- c. Demonstrate an understanding of safety and injury prevention.
- d. Demonstrate character, sportsmanship and an appreciation for the game.
- e. Demonstrate a higher physical fitness level.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Demonstration, Repetition/Practice
- b. Discussion
- c. Individualized Study
- d. Lecture
- e. Observation

Other Methods:

Guest speakers. Student reports. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Skill practice by the individual student.
2. Viewing and analysis of volleyball
3. Goal sheet and individual skill analysis

b. Out-of-class Assignments

1. Reading assignments with written report.
2. Skill practice by the individual student.
3. Viewing and analysis of volleyball
4. Goal sheet and individual skill analysis

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
Essay
- Written homework
- Critiques
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Presentations/student demonstration observations
Skill Demonstration
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
Multiple Choice Exams.
- Student participation/contribution
Attendance and participation.
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and course modification

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*

b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000311977

b. T.O.P. Code [CB03]: 83500.00 - Physical Education

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

e. Basic Skills Status [CB08]: 2N = Not basic skills course

f. Vocational Status [CB09]: Not Occupational

g. Course Classification [CB11]: Y - Credit Course

h. Special Class Status [CB13]: N - Not Special

i. Course CAN Code [CB14]: *N/A*

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): KINESIOLOGY

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30

Third Year: 30

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/13/14