



KINE 125B - Intermediate Volleyball Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616638

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 125B

Course Title Intermediate Volleyball

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. update info/slo/text, add recommended prep.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Intermediate skills and strategies and the introduction of techniques and team play. Emphasis on officiating and participation in tournament competition, as well as on six person team and introduction to two person play. Text required.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 125 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 2. Acquire knowledge and demonstrate skills to safely engage in physical activity. 3. Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. 1. Demonstrate the rules and etiquette of tournament, two person, and six person volleyball. 2. Understand the strategy and technique behind the intermediate skills of volleyball.
- B.

3. Course Content

1. Review the basic skills of volleyball.

- Pass

- Set

-Serve

-Hit/spike

-Block

Refine new skills within the above skills.

-Pass to a target, and the setter

- Set ball at different heights
- Set the backset
- Serve to different locations, depths and speeds
- Hit/Spike with different angles and hitting off the block
- Hit/spike the dink shot
- Block with 2-3 people
- Center up defense
- 2 person volleyball
- 3, 4, 5, person volleyball and adjustments
- 5-1 offense
- 6-2 offense
- Official terminology and hand signs
- Tournament style play and strategy

4. Methods of Instruction:

Activity: Demonstrate a serve in all 6 serving areas

Discussion: Game play strategy, rules

Lab:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests --

Class Participation --

Class Work --

Class Performance --

Final Exam --

Mid Term --

Additional assessment information:

Set up a 2 person tournament

Quiz on rules, official hand signs

Participate in a 2, 3, 4, 5, and 6 person tournament

Skills tests

Survey

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Writing Assignments

- Quizzes
- Mid term
- Final exam
- B. Other Assignments
 - Demonstration of skill and knowledge

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: American Coaches Volleyball Association and Reynaud, C..

Title: The Volleyball Coaching Bible II

Publisher: Human Kinetics

Date of Publication: 2015

Edition: Second

B. Other required materials/supplies.