KTEAM 8.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KTEAM 8.1 Title: BEGINNING VOLLEYBALL
Full Title: Beginning Volleyball
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25 Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PHYED 96.1

Catalog Description:
This course will introduce students to fundamentals, team concepts, and rules of the game of volleyball. Students will participate in two-person, three-person, four-person, and six-person competition.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course will introduce students to fundamentals, team concepts, and rules of the game of volleyball. Students will participate in two-person, three-person, four-person, and six-person competition. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Play volleyball at a beginning level.
2. Perform beginning techniques, and demonstrate ideal body positioning.
3. Demonstrate and apply the written and unwritten rules of play.

Objectives:
Upon completion of the course students will be able to:
1. Demonstrate proficiency in basic individual volleyball skills.
2. Participate in organized drills necessary for the development of skill attainment beyond the beginning level.
3. Engage in conditioning and stretch exercises as they relate to beginning level volleyball.
4. Demonstrate an understanding of the rules, scoring and etiquette for match play.
5. Participate in 2-6 person competition.

Topics and Scope:

I. Individual Skills
  A. Setting
    1. Footwork
    2. Hand Position
  B. Serve Reception
    1. Forearm Pass
    2. Overhead Pass
  C. Defense
    1. Blocking
    2. Digging
      a. hard driven ball

b. off-speed
3. Free ball passing
D. Offense
1. Spiking
2. Off-speed
3. Open hand tip
E. Serving
1. Under Hand
2. Over Hand
3. Floater
4. Top Spin
5. Jump Serve

II. Team Skills
A. Offense
1. International 4-2
2. 5-1
3. 6-2
B. Defense
1. Perimeter
2. Rotation
C. Serve Receive Pattern
1. 5 person "W"
2. 4 Person
3. 3 Person

III. Match Play
A. Two person
B. Three person
C. Four person
D. Six person
E. Rally Scoring
F. Side Out Scoring
G. Game Management
1. Lines
2. Scoring

Assignment:

Students are required to spend an additional one and one-half hours per week outside of class working on one or more of the assignmenrs listed below; or other assignment as directed by the instructor.
1. Practice and perform setting, passing, serving, blocking, digging, attacking, and officiating competition.
2. Diagram defensive positioning, serve receive patterns, and offensive formations.
3. Exams: 1-5 performance exams, and a final exam.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.	Writing 0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams	Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, true/false, final exam	Exams 10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials
Volleyball Steps to Success, Gregory, C., Kenny, B., 2006.(classic)