

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 145 Wallyball

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

The rules, terminology, safety factors, and beginning skills including passing, setting, hitting, serving, basic strategy, and team play. *May be taken four times.* CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. apply principles of proper body mechanics and wallyball techniques.
2. identify individual skills.
3. analyze officiating procedures.
4. explain correct terminology, playing rules, and safety rules.
5. evaluate personal skill development and knowledge of the subject matter through written and practical testing.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. History
 - B. Safety
 1. Knock on door before entering
 2. No centerline crossing will be emphasized
 - C. Grading
 - D. Warm-up and conditioning
 - E. Rules

- II. Fundamentals
 - A. Forearm pass
 - B. "Set" (overhead set, bump set)
 - C. Serve
 - D. Overhead serve
 - E. Top spin serve
 - F. Block
 - G. Attack
 - H. defensive skills
 - I. shots
 1. tipping
 2. roll shot
 3. line shot
 4. angle shot

- III. Serves
 - A. Short serve
 - B. Wall serve
 - C. Wallpaper serve
 - D. Deep top spin serve
 - E. Deep float serve

- IV. Defense
 - A. One person block
 - B. Two person block
 - C. Digging
 1. read defense
 2. tip coverage
 - D. Digging of-the-wall shots

- V. Officiating
 - A. Position during play
 - B. Official's power
 - C. Score keeping
 - D. Player positions
 - E. Penalties
 - F. Protests

- VI. Class tournament play
 - A. One-on-one
 - B. Two-on-two
 - C. Three-on-three
 - D. Three-on-three co-ed play)
 - E. Four-on-four

REQUIRED READING:

Instructor generated handouts on the sport of wallyball.

SUGGESTED READING: None

REQUIRED WRITING: None

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts and lecture notes. Practice skills, study for exams and participate in wallyball tournaments.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Skill evaluation	20%
Final written exam	10%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON:

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SIGNATURES:

SIGNATURES ON FILE