

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 155 Beginning Volleyball

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Beginning skills in volleyball including passing, setting, hitting, and serving. Drills and team play.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. apply principles of proper body mechanics by diagnosis, analysis, and application of proper techniques.
2. identify individual skills.
3. execute fundamental skills and utilize etiquette procedures.
4. define correct terminology, playing rules, and safety rules.
5. demonstrate personal skill development and increased knowledge of the subject matter through written and practical testing.
6. analyze fitness, social skills and volleyball skills for lifetime enjoyment.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Rules and regulations of collegiate and international volleyball
- II. Individual volleyball skills
 - A. Forearm pass
 - B. Overhead serve
 - C. Set (overhead and bump)
 - D. Attack; power, roll shot, tip
 - E. Block
 - F. Dig
- III. Team skills
 - A. Serve/receive
 - B. Offense (4-2; middle front or right front player sets)
 - C. Defense
 - 1. rotation
 - 2. slide
 - 3. perimeter
 - D. Communication skills
- IV. Knowledge of team work, strategy and sportsmanship of four person and six person volleyball
- V. Game variations

REQUIRED READING:

Instructor generated handouts: NAGWS RULES

SUGGESTED READING:

Scates, Al. Winning Volleyball. Dubuque: 4th Edition, William C. Brown, 1993.

Coaching Volleyball; American Volleyball Coaches Association.
Indianaposi, Indiana: 1997.

Gozansky, Sue. Championship Volleyball; Techniques and Drills. West Nyack, NJ: Parker Publishing Co., 1983.

REQUIRED WRITING:

Skills demonstration is more appropriate.

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, lecture notes and text. Practice skills and study for exams. These assignments are to include such activities as attending and/or participating in a beach, collegiate, or international volleyball tournaments.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

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

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

Yes _____ No X .

If yes, check all that apply. (See guidelines for preparation for definitions.)

_____ telecourse

_____ mediated instruction

_____ computer assisted instruction

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

70% - Participation

20% - Skill evaluation

10% - Written Exam

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

Yes X 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 PERSONS:

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