

**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 156 Intermediate Volleyball

**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:**

Advanced work on fundamentals including blocking and defense, with emphasis on team drills and team play. *May be taken four times.* CSU; UC

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. identify and execute intermediate volleyball skills.
2. compare and contrast offensive and defensive tactics.
3. identify rules, safety procedures, and terminology.
4. apply principles of fitness, social skills and volleyball skills for lifetime enjoyment.
5. explain the utilization of strategies.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

1. Rules and regulations of collegiate and international volleyball.
2. Individual volleyball skills.
  - a. forearm pass
  - b. overhead serve, float and top spin
  - c. set (front and back)
  - d. attack; power, offspeed and tip shots
  - d. block
  - e. dig
3. Team skills.
  - a. serve receive
  - b. team offense (introduce 6-2 offense)
  - c. team defense (man up and man back)
  - d. transition plays
  - e. communication skills
  - f. down ball and freeball plays
4. Knowledge.
  - a. team work
  - b. strategy
  - c. sportsmanship of six person volleyball
5. Game variations.

**REQUIRED READING:**

Instructor generated handouts.

**SUGGESTED READING:**

Volleyball Magazine.

**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 attend and/or participate in a beach, collegiate, or international volleyball match or tournament.

**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 X

**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%
Written exam	10%

**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 PERSON:** Teri McFarland                      **Extension 2467**  
**SIGNATURES:**

SIGNATURES ON FILE