

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 157 Advanced 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 techniques of volleyball with emphasis on competitive play.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. apply principles of proper volleyball techniques.
2. evaluate skill development.
3. analyze advanced volleyball skills.
4. compare and contrast team strategies, offense, defense, and current developments in the sport.
5. evaluate recreational and sanctioned volleyball tournaments.
6. explain the competitive aspects of volleyball.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Rules and regulations of collegiate and international volleyball

- II. Individual skills
 - A. Serve receive; forearm pass
 - B. Setting
 - 1. Front
 - 2. Back
 - 3. Bump set
 - 4. Quick sets
 - 5. Combination plays
 - C. Attack
 - 1. Power shot
 - 2. Off speed shot
 - 3. Tip shot
 - 4. Line shot
 - 5. Tool
 - 6. Wipe
 - D. Serve
 - 1. Float
 - 2. Top spin
 - 3. Overhead
 - 4. Jump serve
 - E. Block
 - 1. Footwork: 2 step, 4 step, crossover
 - 2. One person
 - 3. Two person
 - F. Dig
 - 1. Dive
 - 2. Roll
 - 3. Sprawl
 - 4. Collapse dig
 - 5. High dig

- III. Team skills
 - A. Team serve
 - B. Team receive
 - C. Team offense
 - 1. 4-2
 - 2. 6-2
 - 3. 5-1

- IV. Team defense - player up rotate defense
 - A. Transition plays
 - B. Communication skills
 - C. Free ball and down ball plays

- V. Knowledge of team work, team strategy, and sportsmanship of six-person volleyball

- VI. Game variations

REQUIRED READING:

Instructor-generated handouts on the sport of volleyball.

SUGGESTED READING:

None

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 and lecture notes. Analyze videos of individual performance, practice skills and study for exam.

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):

| | |
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| Participation | 70% |
| Skills demonstration | 20% |
| 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: Teri McFarland, Extension 2467

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| SIGNATURES ON FILE |
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