



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 253
Descriptive Title: Volleyball
Course Disciplines: Physical Education
Division: Health Sciences and Athletics

Catalog Description:

This course provides instruction and practice in the skills of volleyball. Skill progressions of serving, passing, setting, spiking, digging and blocking are taught. Game strategies as applied to two person, four person and six person teams will be covered. Offensive and defensive systems as well as formations and line-ups are included. Tournaments are also included in this course, allowing the students to execute the skills in a competitive environment. The rules of both the indoor and outdoor games will be covered. Specific conditioning for the game of volleyball is also incorporated.

Conditions of Enrollment:

You have no defined requisites.

Course Length:	X Full Term	Other (Specify number of weeks):
Hours Lecture:	0 hours per week	TBA
Hours Laboratory:	3.00 hours per week	TBA
Course Units:	1.00	

Grading Method: Letter

Credit Status: Associate Degree Credit

Transfer CSU: X Effective Date: Prior to July 1992

Transfer UC: X Effective Date: Prior to July 1992

General Education:

El Camino College:

5 – Health and Physical Education

Term: _____ Other: _____

CSU GE:

E - Lifelong Understanding and Self-Development

Term: _____ Other: _____

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. The student will demonstrate accuracy in volleyball passing off the serve.
2. Student will demonstrate and explain the fundamentals of a hitting approach.
3. Students will identify and explain rules and strategies associated with the game of volleyball.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Employ proper technique in the skills of serving, passing, setting, spiking, blocking and digging.
Performance exams
2. Formulate effective defensive and offensive strategy for competitive situations.
Oral exams
3. Compare and contrast the rules and court set-up for indoor and outdoor volleyball.
Quizzes
4. Design a conditioning program specific to the demands of the sport of volleyball.
Written homework
5. Employ proper formation in two, four or six player teams.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Orientation to course and group testing to determine compatible groupings according to skill and experience
Lab	2	II	Serving A. Overhead contact B. Arm motion and foot positioning
Lab	2	III	Setting A. Hand positioning B. Contact point C. Follow through technique

Lab	6	IV	<p>Passing</p> <ul style="list-style-type: none"> A. Arm positioning B. Hand grip C. Body positioning D. Footwork E. Overhead passing F. Hand positioning and finger motion G. Follow through H. Body positioning
Lab	6	V	<p>Spiking and Attacking</p> <ul style="list-style-type: none"> A. Footwork B. Arm motion C. Contact point D. Body position E. Follow through
Lab	3	VI	<p>Blocking</p> <ul style="list-style-type: none"> A. Footwork B. Arm/hand positioning C. Reacting to the attack
Lab	4	VII	<p>Digging</p> <ul style="list-style-type: none"> A. Body position and arm position B. Relation to attack C. Athletic stance D. Footwork E. Overhand digging F. Hand position G. Footwork
Lab	2	VIII	<p>Offensive Strategies</p> <ul style="list-style-type: none"> A. Understanding team strengths B. Understanding team weaknesses C. Utilizing personnel D. Offensive formations <ul style="list-style-type: none"> 1. Two player games 2. Four player games 3. Six player games
Lab	2	IX	<p>Defensive Strategies</p> <ul style="list-style-type: none"> A. Defensive systems B. Defensive formations <ul style="list-style-type: none"> 1. Two player games 2. Four player games 3. Six player games
Lab	2	X	<p>Outdoor and Indoor Rules</p> <ul style="list-style-type: none"> A. Similarities B. Differences
Lab	8	XI	<p>Conditioning for Volleyball</p> <ul style="list-style-type: none"> A. Footwork agility drills B. Jump training C. Stretching

Lab	15	XII	Games/Scrimmages A. Two, four and six person games with instruction
Total Lecture Hours	0		
Total Laboratory Hours	54		
Total Hours	54		

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate for the instructor, the correct techniques for passing. Include proper positioning on the court as it applies to defense and serve reception.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Analyze and verbally explain the defensive weaknesses of your opponent and make appropriate strategic changes to enhance your ability to score points.
2. Demonstrate with verbal explanation the fundamental skills necessary to execute an effective pass known as a dig.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Oral exams
Quizzes
Written homework
Class Performance

V. INSTRUCTIONAL METHODS

Demonstration
Group Activities
Laboratory
Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**
- B. ALTERNATIVE TEXTBOOKS**
- C. REQUIRED SUPPLEMENTARY READINGS**
- D. OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

- A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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- B. Requisite Skills**

Requisite Skills

- C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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- D. Recommended Skills**

Recommended Skills

- E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by S. Zartman/J. Taylor on 09/01/1985.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by: LeValley Pattison

Date: 10/02/2018

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