

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	04/09/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	134	Introduction to Volleyball

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 134 Introduction to Volleyball is designed to meet the objectives for Area E (Physical Education and Healthful Living) by preparing students to understand themselves as physical, social, and psychological beings and includes an emphasis on self-development throughout life’s stages(GELO1). Students will give self-reflections based on their assessment and progress throughout the class. They will be able to see their development by an increase in volleyball knowledge and skill proficiency. Students will develop and demonstrate sportsmanship and understand the etiquette expected while competing in volleyball which develops effective communication with other students as well as understanding how these behaviors impact a healthy lifestyle(GELO2). Within the content portion of this course diet and nutrition and exercise routines will be discussed and they will evaluate their own eating and exercise behaviors(GELO3).

Maximum Enrollment:	32
Maximum Enrollment Justification:	

Grading Method:

TOP code:

Justification:

Letter Grade or P/NP

0835.00

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is an introduction to the fundamentals of volleyball which will include rules, etiquette, skill development and strategies.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course may include indoor or sand volleyball courts. Students will learn the rules, skills, strategies and techniques of volleyball.

Need for the course:

This course provides additional opportunities for students to engage in a physical activity. Students may also use this course to fulfill their basic educational requirement for physical education and for the fulfillment of the 2 year degree requirements for physical education.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

- Course Content:**
(Please number the outline of main topics and subtopics)

Lab Content:

(please number the outline of main topics and subtopics)

Classroom Topics

1. Demonstrations stressing proper techniques used in, passing, striking, serving, ball control and other basic motor/agility skills
2. Lecture on drill development, team organization, physical and mental conditioning, positive health practices and game strategies
3. Rules of the game
4. Physical Conditioning
5. Static stretching
6. Aerobic exercises
7. Anaerobic exercises
8. Weight training
9. Skill Development
0. Tactical game situations
 1. Scrimmages
 2. Games to improve techniques
 3. Offensive strategies
 4. Defensive strategies

Methods of instruction may include, but are not limited to the following:

- **Method:** Observation and Demonstration
- **Integration:** Demonstrate, observe and provide feedback on the various techniques and skills of Volleyball.

- **Method:** Lecture
Integration: Lecture will be used to provide information for students that will be applied during class participation and encourage students to research specific topics as they apply to volleyball.
- **Method:** Discussion
Integration: Discussion of topics presented during lecture will help students analyze and evaluate skill technique and development.
- **Method:** Activity
Integration: Activities will include skill drills and various team games that will help students understand and improve their competitive volleyball experiences.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Participation
Integration: To execute the fundamental skills of volleyball (serve, pass, set, spike) through practice and repetition.
- **Method:** Exams/Tests
Integration: To demonstrate comprehension of the game (vocabulary, skills, rules and strategy).
- **Method:** Class Work
Integration: To examine and critique video of live practice and play for the purpose of coaching the sport.
- **Method:** Homework
Integration: To research current events related to volleyball at the recreational, secondary school, college and professional levels.
- **Method:** Class Performance
Integration: A skill performance rubric will be used to assess individual progress in skill, fitness and athletic abilities related to volleyball (quickness, strength, power, agility, coordination).

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- Assignment #1
- Video or live action critique:
1. View a video or watch a high school, college, or international volleyball match.
 2. Submit a 3 page report including the following:
 - a. Who was playing?
 - b. Where were they playing
 - c. What level of competition(high school, college, international)
 - d. Names of teams
 - e. How did the teams warm up?
 - 1) What were the differences?
 - f. What were the strengths and weaknesses of each team?
 - g. How did the officials begin the game?
 - 1) Were they good officials?
 - 2) Why or why not?
 - h. What were the winning components of the winning team?
 - i. What were the losing components of the losing team?
 - j. How did the coaches handle themselves throughout and at the end of the match?
 - 1) Was their behavior professional? Why or why not?
 - 2) How could each coach improve?
 - 3) What aspects of the team need to be practiced and implemented?

Assignment #2

Written Assignment

1. Submit a 3 page written paper including the following criteria:
- a. Select an aspect of volleyball that interests you.
 - b. Find 3 current sources and include them in your bibliography.
 - c. Reflect on how your topic will improve your understanding of the game.

Textbooks:

- Thomas R. Baechle & Roger W. Earle (2019). *Weight Training Steps to Success 5th Edition* Human Kinetics. ISBN: 9781492586982
- Becky Schmidt (2015). *Volleyball: Steps to success* Human Kinetics . ISBN: 9781450468824

Other Resources:

- USA Volleyball Association Website.
<http://usavolleyball.org/resources/officials-rules>

Minimum Qualification

- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)