

## COURSE OUTLINE

Revised: Janet Kapp, February 2009

DEPARTMENT: Physical Education (PEC)

CURRICULUM: Physical Education

COURSE TITLE: Beginning Volleyball

COURSE NUMBER: PEC 115

TYPE OF COURSE: Academic Transfer

COURSE LENGTH: 1 quarter

CREDIT HOURS: 2

LECTURE HOURS: 11

LAB HOURS: 22

CLASS SIZE: 25

PREREQUISITES: NONE

COURSE DESCRIPTION: Introduction to basic fundamentals. Includes: Offense and defense, current strategies, techniques, rules, and trends. Practice using basic skills in game situations. Emphasis on practical, skill- based training, technique and equipment, knowledge for the game of volleyball. Students will develop volleyball skills and improve ability to use these skills.

## STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication - Read and listen actively to learn and communicate. Speak and write effectively for personal, academic and career purposes.
2. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
3. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Take pride in one's work.

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GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Demonstrate the ability to perform the basic skills of volleyball, including the overhead set, the forearm bump, the block, the spike, and the underhand as well as overhand serve.
2. Demonstrate knowledge of the history, rules, scoring system, and terminology of volleyball.
3. Demonstrate offensive and defensive strategies of game play.

TOPICAL OUTLINE:

- I. Basic skills
- II. Overhead set
- III. The forearm bump
- IV. The block
- V. The spike
- VI. Underhand serve
- VII. Overhand serve
- VIII. Rules and scoring
- IV. Offensive and defensive strategies.

APPROX. HOURS 33

Originated or Revised BY: Janet Kapp  
DATE: February 2009

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SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1, 2	Communication - Read and listen actively
SLO 1.2		Communication - Speak and write effectively
SLO 2.1		Computation - Use mathematical operations
SLO 2.2		Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1	3	Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2		Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1		Critical Thinking and Problem Solving -
SLO 5.1		Technology - Select and use appropriate technological tools
SLO 6.1		Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2	3	Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3		Personal Responsibility - Take pride in one's work
SLO 6.4	3	Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1		Information Literacy - Access and evaluate information
SLO 7.2		Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society