



COURSE OUTLINE : PE 274
D Credit – Degree Applicable
COURSE ID 003090
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 274
COURSE TITLE (FULL) : Volleyball I
COURSE TITLE (SHORT) : Volleyball I

CATALOG DESCRIPTION

PE 274 teaches the beginning concepts of volleyball in a recreational environment. Instruction includes six basic skills of volleyball: passing, setting, hitting, serving, blocking and individual defense. Students learn the fundamental history, rules, etiquette, and safe play pertaining to volleyball.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

| | Subject | Number | Title | Description | Include |
|---|---------|--------|-------|---|---------|
| 1 | | | | Identify volleyball as a sport; | Yes |
| 2 | | | | perform moderate daily physical activities; | Yes |
| 3 | | | | participate in a team environment; | Yes |
| 4 | | | | demonstrate and maintain a positive attitude. | Yes |

EXIT STANDARDS

- 1 List the basic rules and regulations of volleyball;
- 2 demonstrate basic individual skills of volleyball;
- 3 engage in varied game-like situations incorporating basic offensive and defensive techniques and strategies;
- 4 understand perceived exertion regarding physical activity;
- 5 incorporate social skills to enhance student interaction, individual growth, sportsmanship, and teamwork.

STUDENT LEARNING OUTCOMES

- 1 demonstrate knowledge of the rules and methods of scoring
- 2 demonstrate basic fundamental skills for volleyball
- 3 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment

COURSE CONTENT WITH INSTRUCTIONAL HOURS

| | Description | Lecture | Lab | Total Hours |
|---|--|---------|-----|-------------|
| 1 | Safety Procedures, Set-Up, and Breakdown <ul style="list-style-type: none"> • Creating a safe environment • Stretching and warm-up • Setting up the court • Breaking down the court • Cool-down | 0 | 6 | 6 |



| | | | | |
|---|---|---|----|-----------|
| 2 | <p>History, Basic Rules and Terminology</p> <ul style="list-style-type: none"> • Development and history of volleyball • Rules: Federal International Volleyball (FIVB) • Rules: National Collegiate Athletic Association (NCAA) | 0 | 8 | 8 |
| 3 | <p>Basic Individual Skills for Volleyball</p> <ul style="list-style-type: none"> • Forearm passing • Overhead passing • Setting • Serving • Attacking approach • Blocking • Defensive movement | 0 | 20 | 20 |
| 4 | <p>Team Concepts for Volleyball</p> <ul style="list-style-type: none"> • Team offense overview • Team defense overview • Basic rotations • Game play • Serve receive | 0 | 16 | 16 |
| 5 | <p>Conditioning for Volleyball</p> <ul style="list-style-type: none"> • Core conditioning • Jumping | 0 | 4 | 4 |
| | | | | 54 |

OUT OF CLASS ASSIGNMENTS

- 1 critique (e.g. watch a volleyball match on television and write a summary on passing forms);
- 2 essay (e.g. attend a volleyball match and write a basic overview incorporating volleyball terminology and concepts).



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METHODS OF EVALUATION

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 scrimmage.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

| Title | Type | Publisher | Edition | Medium | Author | ISBN | Date |
|--|----------|--|---------|---------|---------------------------|---|------|
| Volleyball 2012-2013 Rules and Interpretations | Required | The National Collegiate Athletic Association | | digital | Alterman, Marcia | | 2013 |
| FIVB Official Volleyball Rules, 2017-2020 | Required | 33rd FIVB World Congress. | | online | 33rd FIVB World Congress. | https://www.fivb.org/EN/Refereeing - Rules/documents/FIVB - Volleyball_Rules_2017-2020-EN-v06.pdf | 2016 |