

Cerro Coso College  
**Course Outline of Record Report**  
10/07/2021

## PHEDC116 : Volleyball II

### General Information

Author:	-
Course Code (CB01) :	PHEDC116
Course Title (CB02) :	Volleyball II
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000154575
Curriculum Committee Approval Date:	04/12/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	12/31/1969
Course Description:	This is an intermediate course designed to refine the fundamental skills of beginning volleyball. Skills include serving, passing, setting, offensive and defensive strategies as well as an introduction to advanced game play.
Submission Type:	New Course
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"><li>Physical Education</li></ul>
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"><li>Physical Education</li></ul>
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

### Course Development Options

<b>Basic Skills Status (CB08)</b> Course is not a basic skills course.	<b>Course Special Class Status (CB13)</b> Course is not a special class.	<b>Grade Options</b> <ul style="list-style-type: none"><li>Letter Grade Methods</li><li>Pass/No Pass</li></ul>
<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Allowed Number of Retakes</b> 0	<b>Course Prior To College Level (CB21)</b> Not applicable.
<b>Rationale For Credit By Exam/Challenge</b>	<b>Retake Policy Description</b>	<input checked="" type="checkbox"/> All

No value

Type:|Non-Repeatable Credit

Allow Students to Audit Course

**Course Support Course Status (CB26)**

No value

**Associated Programs**

Course is part of a program (CB24)

**Associated Program**

**Award Type**

**Active**

CC Kinesiology for Transfer

A.A. Degree for Transfer

Spring 2018 to Fall 2018

**Transferability & Gen. Ed. Options**

**Course General Education Status (CB25)**

No value

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**Cerro Coso General Education Requirements**

**Categories**

**Status**

**Approval Date**

**Comparable Course**

Area 7.2

Health & Wellness Activity

Approved

No value

No Comparable Course defined.

**CSU General Education Certification**

**Categories**

**Status**

**Approval Date**

**Comparable Course**

Area E.2

Lifelong Learning & Self-Development Activity

Approved

No value

No Comparable Course defined.

**Units and Hours:**

**Summary**

**Minimum Credit Units (CB07)** 1

**Maximum Credit Units (CB06)** 1

**Total Course In-Class (Contact) Hours** 54

**Total Course Out-of-Class Hours** 0

**Total Student Learning Hours** 54

**Faculty Load** 0

### Credit / Non-Credit Options

**Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Status (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

### Course Student Hours

**Course Duration (Weeks)** 18

**Hours per unit divisor** 0

**Course In-Class (Contact) Hours**

Lecture 0

Laboratory 0

Activity 0

**Total** 54

**Course Out-of-Class Hours**

Lecture 0

Laboratory 0

Activity 0

**Total** 0

### Time Commitment Notes for Students

No value

### Faculty Load

**Extra Duties:** 0

**Faculty Load:** 0

### Units and Hours: - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

## Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

## Entrance Skills

Entrance Skills

Description

No value

No value

## Limitations on Enrollment

Limitations on Enrollment

Description

No value

No value

## Specifications

Methods of Instruction

Methods of Instruction

Other

Rationale

A. Instructor modeled demonstration  
B. Student participation

Methods of Instruction

Demonstration

Rationale

No value

Assignments

No Value

Methods of Evaluation

Rationale

Other

Analysis of causative factors of errors and applying corrective action via demonstration.

Other

Analysis of relationship of mental factors to shot and improved tournament play.

Other

Application of the skills of volleyball for results in score improvement in demonstration.

Equipment

No Value

## Textbooks

Author	Title	Publisher	Date	ISBN
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Kluka, D. & Dunn, P. . (1999)  
Volleyball, 3rd , Wm. C. Brown  
Publishing Company

## Other Instructional Materials

No Value

## Materials Fee

No

## Learning Outcomes and Objectives

### Course Objectives

No value

### CSLOs

Improve basic volleyball skills and strategies.	Expected SLO Performance: 70.0
Demonstrate the proper mechanics of good volleyball skill production and apply in a game situation.	Expected SLO Performance: 70.0
Understand advanced rules, terminology, and etiquette of volleyball	Expected SLO Performance: 70.0

## Outline

### Course Outline

- A. History; terminology; equipment and clothing(A-C)
- B. Knowledge of the game(A-C)
  - 1. Rules regulations
  - 2. Scoring and positions and strategies
  - 3. Court etiquette and procedures
- C. Instruction of individual skills. Proper execution and drills. (A-C)
  - 1. Forearm Pass- for service reception
  - 2. Overhead Set- face pass for setting
  - 3. Serves- Underhand floating serve
  - 4. Spike- basic power spike
  - 5. Dink
  - 6. Block- individual blocking technique and tandem blocking
- D. Team Skills: (progression based on class skill level). (A-C)

1. Serve receive formation. With receiving formation.
  2. Serving formation
  3. Offense: 6-6; 4-2; hitter coverage.
  4. Defense: 3-deep defense
  5. Free ball: Transition from defense to offense and vice versa.
- E. Class participation and assignments require the following critical thinking(C)
1. Comprehension of basic team strategy and its application to a game situation.
  2. Comprehension of developing proper volleyball skills and their application to personal performance.

## Delivery Methods and Distance Education

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face 2 Face true

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

**Effective Student-Instructor Contact:** Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

No Value

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value