

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PHYE 510

COURSE TITLE

SPORTS EDUCATION

TYPE COURSE

FEE

CATALOG COURSE DESCRIPTION

The fundamentals of sport activities of officiating, participation, and understanding. (FT)

LECTURE HOURS

3 hours per week
(for 9 weeks)

LABORATORY HOURS

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will enable the student to:

1. Acquire the basic knowledge of volleyball rules, strategy and courtesy.
2. Officiate volleyball matches.
3. Develop the fundamental skills of exercise, serving, etc. so that he/she could participate successfully in a beginning volleyball match.

COURSE OBJECTIVES

Upon successful completion of the course, the student will be able to:

1. Explain and interpret volleyball rules and regulations.
2. Explain basic volleyball strategy.
3. Demonstrate proper warm up exercises and drills.
4. Demonstrate the fundamental skills of passing, setting, spiking, digging, blocking, defensive maneuvers and serving.

SECTION II

COURSE CONTENT AND SCOPE

1. An Introduction to Volleyball
 - 1.1. Definition of various types of volleyball
 - 1.2. History of the game
 - 1.3. Potential for the future
 - 1.3.1. Interscholastic
 - 1.3.2. Amateur
 - 1.3.3. Intercollegiate
 - 1.3.4. Professional competition
2. Rules and Regulations
3. Patterns of Play and Strategy
4. Warm Up Exercises
 - 4.1. Flexibility and strength.
 - 4.2. Agility

COURSE CONTENT AND SCOPE (CONTINUED)

- 4.3. Jogging and striding
- 5. Warm Up Drills
- 6. Skill Development
 - 6.1. Offensive skills
 - 6.1.1. Serving
 - 6.1.2. Passing
 - 6.1.3. Setting
 - 6.1.4. Spiking
 - 6.2. Defensive skills
 - 6.2.1. Digging
 - 6.2.2. Blocking
 - 6.2.3. Defensive maneuvers

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student will be evaluated on his/her knowledge of volleyball fundamentals. There will be a written test on rules and strategy and a practical test on basic volleyball techniques and skills will be administered as a pre and post test in order to measure improvement in skill level.

METHOD OF INSTRUCTION

The primary methods of instruction will include short lectures, demonstrations and explanations by the instructor and extensive student practice and application.

TEXTS AND SUPPLIES

There is no text. The instructor will provide a course syllabus and appropriate handouts. The student must be dressed in appropriate attire (including footwear).

PREPARED BY F. Featherston DATE 10/77

REVISED BY James Smith DATE 4/87

REVISED BY Instructional Services, SLOs added DATE March 7, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog