



KINE 124 - Introduction to Spikeball Course Outline

Approval Date: 03/12/2020

Effective Date: 08/16/2021

SECTION A

Unique ID Number CCC000615978

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 124

Course Title Introduction to Spikeball

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Introduction of team and individual competitive sport activity. This course follows the direction of all physical education classes to be moved to Kinesiology.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 25

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Course designed to introduce students to the game of Spikeball. Emphasis will be on 2, 4 and 6 person play.

Schedule Description Introductory course to the competitive game of Spikeball.

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will learn rules to safely engage in competitive play.
- B. Students will learn and demonstrate basic game strategies for competitive Spikeball play.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate understanding of rules.
- B. Safely engage in competitive activity.
- C. Compete in 2, 4 and 6 person matches.
- D.

3. Course Content

1. Introduction-sport history
2. Safety issues
3. Importance of warm- up. Flexibility training and cool down
4. Equipment set up
5. Rules:
 - a. Set up
 - b. Serving
 - c. Contacting the ball
 - d. Scoring

6. 2, 4, 6: person play
 - a. Equipment setup and court determination
 - b. Rules
 - c. Playing format
 - d. Scoring
7. 3 person Cutthroat:
 - a. Equipment and Court
 - b. Participants
 - c. Playing format
 - d. Scoring
 - e. Tournament play
8. Skills:
 - a. Serving
 - b. Passing
 - c. Returning
9. Offensive skills analysis and application
10. Defensive skills analysis and application
11. Sportsmanship

4. Methods of Instruction:

Lecture: Lecture on rules, skills, analysis, offensive and defensive strategies, 2, 4, 6 person and 3 person cutthroat games.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Students will be given written exam on rules.

Class Performance -- Student will be required to participate in class tournament.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Read the Complete History of Spikeball. Class handouts on offensive and defensive strategies will be presented for class analysis.

B. Writing Assignments

Written analysis of rules and regulations. Example: Define the rules differences between 2, 4, 6 person play and 3 way cutthroat play.

C. Other Assignments

Students will be required to participate in class tournament.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Periodical #1:

Author: Jaqueline, M

Title: Complete Guide to the History of Spikeball

Publication: Insider Recreation

Publication Year: 2019

Volume:

Software #1:

Title: Spikeball

Publisher: youtube

Edition: 2019

B. Other required materials/supplies.