

KINE-124: INTRODUCTION TO SPIKEBALL

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

03/12/2025

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

124

Department

Kinesiology

Division

KINE

Full Course Title

Introduction to Spikeball

Short Title

Introduction to Spikeball

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

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

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

No

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Students will learn rules to safely engage in competitive play.
2. Students will learn and demonstrate basic game strategies for competitive Spikeball play.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate understanding of rules.
2. Safely engage in competitive activity.
3. Compete in 2, 4 and 6 person matches.

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

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Lecture on rules, skills, analysis, offensive and defensive strategies, 2, 4, 6 person and 3 -person cutthroat games.

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	
Performances	Class Performance - Student will be required to participate in class tournament.

Assignments

Reading Assignments

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

Writing Assignments

Written analysis of rules and regulations.

Example: Define the rules differences between 2, 4, 6 person play and 3-way cutthroat play.

Outside-of-Class Assignments

Students will be required to participate in class tournament.

SECTION F - Textbooks and Instructional Materials

Material Type

Other required materials/supplies

Description

Periodical #1:

Author: Jaqueline, M

Title: Complete Guide to the History of Spikeball

Publication: Insider Recreation

Publication Year: 2019

Material Type

Other required materials/supplies

Description

Software #1:

Title: Spikeball

Publisher: youtube

Edition: 2019

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No