

KINE-125B: INTERMEDIATE VOLLEYBALL

Justification for this inactivation request

Course not offered/no demand for course

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

125B

Department

Kinesiology

Division

KINE

Full Course Title

Intermediate Volleyball

Short Title

Intermediate Volleyball

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

Intermediate skills and strategies and the introduction of techniques and team play. Emphasis on officiating and participation in tournament competition, as well as on six-person team and introduction to two person play. Text required.

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

Advisory Prerequisite(s)

Completion of KINE-125 with a minimum grade of C.

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?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
2.	Acquire knowledge and demonstrate skills to safely engage in physical activity.
3.	Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

Course Objectives

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

1. Demonstrate the rules and etiquette of tournament, two-person, and six-person volleyball.
2. Understand the strategy and technique behind the intermediate skills of volleyball.

Course Content

1. Review the basic skills of volleyball.
 - a. Pass
 - b. Set
 - c. Serve
 - d. Hit/spike
 - e. Block
2. Refine new skills within the above skills.
 - a. Pass to a target, and the setter
 - b. Set ball at different heights
 - c. Set the backset
 - d. Serve to different locations, depths and speeds
 - e. Hit/Spike with different angles and hitting off the block
 - f. Hit/spike the dink shot
 - g. Block with 2-3 people
 - h. Center up defense
 - i. 2-person volleyball
 - j. 3, 4, 5, person volleyball and adjustments
 - k. 5-1 offense
 - l. 6-2 offense
 - m. Official terminology and hand signs
 - n. Tournament style play and strategy.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Demonstrate a serve in all 6 serving areas
Discussion	Game play strategy, rules
Lab	

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Final Exam Midterm Skills tests
Class Participation	Class Work Class Performance
Quizzes	Quiz on rules, official hand signs
Other	Set up a 2-person tournament. Participate in a 2, 3-, 4-, 5-, and 6-person tournament. Survey

Assignments

Writing Assignments

Quizzes
Midterm
Final exam

Outside-of-Class Assignments

Demonstration of skill and knowledge

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

American Coaches Volleyball Association, Reynaud, C.

Title

The Volleyball Coaching Bible II

Edition/Version

2nd

Publisher

Human Kinetics

Year

2015

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616638

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