

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Spring 2012

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** PE 126

**Course Title:** Beginning Volleyball

**Reason for initiating, revising, or canceling:**

This course guide is being modified/revised to fulfill the required 3 year periodic update/review.

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Lisa A. Lunde

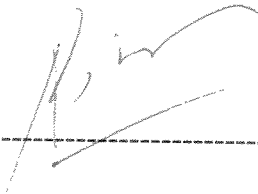


8/14/12

Proposer

Date

Dr. Alfredo De Torres

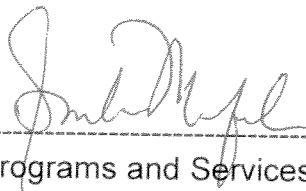


8/14/12

Department Chair

Date

Barbara Merfalen



8.14.12

Dean of Academic Programs and Services

Date

# Northern Marianas College

## Course Guide

Course: PE 126 Beginning Volleyball

1. **Department**  
Sciences, Mathematics, Health and Athletics
2. **Purpose**  
PE 126 provides a class where students can learn the basic skills and strategies of beginning volleyball, the proper court etiquette, gamesmanship of the game as well as how to keep score. Emphasis will be placed on proper skill mechanics and on development of those skills.
3. **Description**
  - A. **Required/Recommended Textbook(s) and Related Materials**  
None
  - B. **Contact Hours**
    1. **Lecture:** 2 hours per week / 30 hours per semester
    2. **Lab:**
    3. **Other:**
  - C. **Credits**
    1. **Number:** 1
    2. **Type:** Regular degree credit
  - D. **Catalogue Course Description**

This course introduces students to the fundamental strategies and skills of volleyball, including setting, passing, spiking, blocking, and serving. Students will take part in team and tournament play. The class will participate in 6 on 6, and 4 on 4 tournaments. Prerequisite: None. English Placement Level: EN 073/074 or instructor approval. (Offered Fall)
  - E. **Degree or Certificate Requirements Met by Course**

A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.
  - F. **Course Activities and Design**

Activities include lectures and videotapes on volleyball skills, fundamentals and strategies, and health-related subjects, such as cardiovascular fitness, nutrition, stretching, proper warm-up and cool-down exercises. Practical instruction includes the teaching of various volleyball skills and the student practice of these skills in different drills, lead-up games, and court type situations. Emphasis will be placed on basic skill development.

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**4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)**

Prerequisite(s): None

Concurrent Course Enrollment: None

English Placement Level: EN 073/074 or instructor approval

Mathematics Placement Level: None

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 1-credit course and any applicable fees.

Cost to the College: Instructor's salary (2 credits), cost of volleyballs and nets.

\*\*1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: White board and white board markers, TV and VCR/DVD player, videotaped/DVD programs, volleyballs, volleyball net, and volleyball court/area.

**6. Method of Evaluation**

Student grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average – grade points: 1.0;

F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

**7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Class Orientation

1.1 Equipment, care and setup

1.2 Skills testing

1.3 Warming-up and cooling-down

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2.0 Basic Volleyball Rules and Terminology

3.0 Skill/Technique Analysis and Drills

- 3.1 Underhand serving
- 3.2 Overhand serving
- 3.3 Forearm bump pass
- 3.4 Setting
- 3.5 Spiking
- 3.6 Blocking
- 3.7 Individual defense
- 3.8 Serve reception

4.0 Team Play and Court Position

- 4.1 Rotation
- 4.2 Team serve/receive - 'W' serve/receive pattern
- 4.3 4-2 offense
- 4.4 Center back deep defense
- 4.5 6-2 offense
- 4.6 Center back-up defense
- 4.7 Two-person block

5.0 Tournament Play

6.0 Cardiovascular Training

## 8. Instructional Goals

This course will introduce students to:

- 1.0 The rules and terminology of volleyball;
- 2.0 The forearm pass, set, overhand and underhand serve, spike and one person block;
- 3.0 Cardiovascular fitness through participation;
- 4.0 Positive self-esteem through participation; and
- 5.0 The components of appropriate team positioning.

## 9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Summarize and apply the rules and terminology of volleyball in scrimmage and practice;

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- 2.0 Demonstrate the forearm pass, a set, over and underhand serves, spiking and the one person block;
- 3.0 Demonstrate improved cardiovascular fitness through participation;
- 4.0 Acquire positive self esteem with improved attitudes through Participation; and
- 5.0 Identify the components of appropriate team positioning.

## **10. Assessment Measures**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Various individual skills tests (serving, setting, spiking etc.);
- 2.0 Pre and post testing of cardiovascular fitness;
- 3.0 Participation in team game play and tournaments; and
- 4.0 Quizzes and exams.