



## Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

**Prerequisites** ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

## Course Description

Course content for physical education activities will include: selection of clothing, equipment, terminology, basic fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to learn volleyball skills and the knowledge and understanding of concepts related to those skills. Students will benefit from today's emphasis on lifetime individual sport and recreational activities while receiving one hour elective credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree.

## Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
  - a. selection and care for equipment
  - b. specific terms and definitions related to volleyball
  - c. rules of play related to volleyball
  - d. team play strategy for offensive and defensive patterns
2. Demonstrate/Practice:
  - a. prompt and regular attendance
  - b. safety rules at all times
  - c. timely completion of volleyball skills
  - d. the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of volleyball play
3. Believe/Feel/Think:
  - a. that through pre- and post-evaluation, the student's attitudes will be evaluated relating to all game aspects of volleyball
  - b. the positive benefits exercise has on one's health
  - c. a positive attitude and high energy level are essential for success