**Purpose:** It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

Course Title – Advanced Concepts of Volleyball

Course Prefix and Number – PHED 1128

Department - Kinesiology

Division – Math & Science

**Course Type:** (check one)
- ☒ Academic General Education Course (from ACGM – but not in WCJC Core)
- □ Academic WCJC Core Course
- □ WECM course (This course is a Special Topics or Unique Needs Course: Y or N)

Semester Credit Hours # : Lecture Hours # : Lab/Other Hours #  1:0:3

EQUATED PAY hours for course - 2

Course Catalog Description – Open to talented individuals who wish to improve their personal skills in volleyball through supervised practice and game conditions. Class may be taken for four semesters for credit

Prerequisites/Co-requisites – Consent of instructor

Prepared by Rhonda Clayton

Reviewed by Department Head Gene Bahnsen

Accuracy Verified by Division Chair Kevin Dees

Approved by Dean or Vice President of Instruction LAC

Date 4/5/2013

Date 4/5/2013

Date 4/5/2013

Date 10/23/13
Topical Outline – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, clinical or other non-lecture instruction):

Note: All one hour kinesiology activity courses have the following components:
1. Warm-up/Stretching/Flexibility
2. Exercise bout or activity
3. Cool down

II. Course Learning Outcomes

<table>
<thead>
<tr>
<th>Course Learning Outcomes</th>
<th>Methods of Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upon successful completion of this course, the student will:</td>
<td></td>
</tr>
<tr>
<td>1. Attain a higher level of cardiovascular fitness</td>
<td>--- 3-Minute Step Test</td>
</tr>
<tr>
<td>2. Develop the muscular system</td>
<td>--- Personal Log</td>
</tr>
<tr>
<td>3. Understand the value of a physical fitness program and explain the benefits of physical fitness</td>
<td>--- Observation and/or Rubric</td>
</tr>
<tr>
<td>4. Understand the importance of proper nutrition</td>
<td>--- Essay</td>
</tr>
<tr>
<td>5. Develop skills in team sportsmanship</td>
<td></td>
</tr>
</tbody>
</table>

III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.

Notebook

IV. Suggested Course Maximum - 24

V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.

Gym

VI. Course Requirements/Grading System – Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course

70 % Participation & Attendance
15 % Personal Log
10 % Essay
5 % 3-Minute Step Test

A= 90-100
B= 80- 89
C= 70- 79
D= 60- 69
F=  59-below
VII. Curriculum Checklist

- **Academic General Education Course** (from ACGM – but not in WCJC Core)
  No additional documentation needed

- **Academic WCJC Core Course**
  Attach the Core Curriculum Checklist, including the following:
  - Basic Intellectual Competencies
  - Perspectives
  - Exemplary Educational Objectives

- **WECM Courses**
  If needed, revise the Program SCANS Matrix & Competencies Checklist.