

## Administrative Master Syllabus

### Course Information

<b>Course Title</b>	Advanced Concepts of Volleyball
<b>Course Prefix, Num. and Title</b>	PHED 1128
<b>Division</b>	Life Sciences
<b>Department</b>	Kinesiology
<b>Course Type</b>	Academic General Education Course (from ACGM, but not WCJC Core)
<b>Course Catalog Description</b>	Open to talented individuals who wish to improve their personal skills in volleyball through supervised practice and game conditions. Class may be taken for two semesters for credit. Open to volleyball team members only.
<b>Pre-Requisites</b>	Enter Pre-Requisites Here.
<b>Co-Requisites</b>	Enter Co-Requisites Here.

### Semester Credit Hours

<b>Total Semester Credit Hours (SCH): Lecture Hours:</b>	1:0:3
<b>Lab/Other Hours</b>	
<b>Equated Pay Hours</b>	2
<b>Lab/Other Hours Breakdown: Lab Hours</b>	Enter Lab Hours Here.
<b>Lab/Other Hours Breakdown: Clinical Hours</b>	Enter Clinical Hours Here.
<b>Lab/Other Hours Breakdown: Practicum Hours</b>	Enter Practicum Hours Here.
<b>Other Hours Breakdown</b>	3 Activity

### Approval Signatures

Title	Signature	Date
<b>Prepared by:</b>		
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>Dean/VPI:</b>		
<b>Approved by CIR:</b>		



**Topical Outline:** Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

Enter Topical Outline Here.

**Course Learning Outcomes:**

**Learning Outcomes – Upon successful completion of this course, students will:**

1. Attain a higher level of cardiovascular fitness
2. Develop the muscular system
3. Understand the value of a physical fitness program and explain the benefits of physical fitness
4. Understand the importance of proper nutrition
5. Develop skills in team sportsmanship

**Methods of Assessment:**

3-Minute Step Test

- Personal Log
- Observation and/or Rubric
- Essay

**Required text(s), optional text(s) and/or materials to be supplied by the student:**

Volleyball gear

**Suggested Course Maximum:**

24

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

Volleyball facilities

**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

### **Curriculum Checklist:**

- Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.
- Administrative WCJC Core Course.** Attach the Core Curriculum Review Forms
  - Critical Thinking
  - Communication
  - Empirical & Quantitative Skills
  - Teamwork
  - Social Responsibility
  - Personal Responsibility
- WECM Course** -If needed, revise the Program SCANS Matrix and Competencies Checklist