



## PE 1210

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1210

**Title:** Volleyball

**Catalog Description:**

This physical education activity class is designed to help students understand the rules and strategies of volleyball, to help them improve their skills, and play safely and effectively.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring, Fall 1, Spring 1

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Justification:**

This course fills an elective physical education credit at all of the four year institutions in Utah

**Student Learning Outcomes:**

- The student will be able to demonstrate an understanding of the rules of Volleyball.
- The student will be able to demonstrate the basic skills associated with playing volleyball.
- The student will be able to discuss and explain the different game playing strategies of volleyball.

**Content:**

- Rules of Volleyball
- Court markings
- Safety factors
- Fundamental skills
- Strategies.

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

The game of volleyball develops cardiorespiratory endurance, speed, agility and power. These elements of physical fitness provide a strong base for personal-fitness which is a keystone to manage health and wellness.

The instructor will evaluate the student's technique and make suggestions for improvement.

**Key Performance Indicators:**

This P.E. activity class is graded heavily on attendance and participation, as well as skill assessment and improvement. The written final which covers rules, etiquette, strategies, and techniques.

**Representative Text and/or Supplies:**

**Optimum Class Size:** 20

**Maximum Class Size:** 24

**Signatures:**

I hereby submit this course syllabus:

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Bob Trythall, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)