



PE 1215

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1215

Title: Walleyball

Catalog Description:

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

General Education Requirements: N/A

Semesters Offered: Fall

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

Clock/Hour Requirements: 15

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:

- describe and discuss the rules of walleyball.
- identify and describe the walleyball court markings.
- discuss the safety concerns associated with playing walleyball.
- describe and discuss the importance of teamwork in playing walleyball.

Content:

- Walleyball rules and court markings
- Safety factors
- Fundamental skills
- Play as a team

General Education Outcomes:

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

The game of walleyball 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 techniques and suggest ways to improve.

Key Performance Indicators:

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

Representative Text and/or Supplies:

Optimum Class Size: 20

Maximum Class Size: 20

Signatures:

I hereby submit this course syllabus:

Bob Trythall, MS, Associate Professor

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

Bob Trythall, MS, Associate Professor, Chair

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

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:

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

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)