

Glendale College

Course Outline of Record Report

Course ID 003090
Cyclical Review - March 2025

PE274 : Volleyball I

General Information

Author:	• Erin Calderone
Attachments:	DE Addendum_PE_274_COR_3:11:25_CoDE_5:27:25.pdf
Course Code (CB01) :	PE274
Course Title (CB02) :	Volleyball I
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000557749
Curriculum Committee Approval Date:	03/26/2025
Board of Trustees Approval Date:	06/17/2025
Last Cyclical Review Date:	03/26/2025
Course Description and Course Note:	PE 274 teaches the beginning concepts of volleyball in a recreational environment. Students practice the six basic skills of volleyball: passing, setting, hitting, serving, blocking and individual defense, and learn the fundamental history, rules, etiquette, and safety considerations for playing volleyball.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person
Author:	No value
Course Family:	Volleyball

Academic Senate Discipline

Primary Discipline:	• Physical Education
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Program Status

Course Program Status (CB24)

Associated Program

Award Type

Active

Kinesiology (AA-T)

AA-T Degree

Winter 2026

Sports Coaching (AS)

A.S. Degree

Fall 2025

Sports Coaching (Cert)

Certificate of Achievement

Fall 2025

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

GCC General Education Requirements

Area

Status

Approval Date

Comparable Course

Area 8: Lifelong Learning

Lifelong Learning

Approved

09/02/2025

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1

Maximum Credit Units (CB06) 1

Total Course In-Class (Contact Hours) 54

Total Course Out-of-Class Hours 0

Total Student Learning Hours 54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	54
Studio	0
Total	54
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Identify volleyball as a sport.	No Value
Perform moderate daily physical activities.	No Value
Participate in a team environment.	No Value
Demonstrate and maintain a positive attitude.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

Methods of Instruction	Demonstrations
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<p>Out of Class Assignments</p> <ul style="list-style-type: none"> • Critique (e.g. watch a volleyball match on television and write a summary on passing forms) • Essay (e.g. attend a volleyball match and write a basic overview incorporating volleyball terminology and concepts)

Methods of Evaluation	Description of Activity/Interaction
Other	Practical examination
Exam/Quiz/Test	Written midterm examination
Exam/Quiz/Test	Written final examination
Other	Participation in a scrimmage

<p>Textbook Rationale</p> <p>No Value</p>
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Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials (i.e. OER, handouts)	
Description	FIVB Official Volleyball Rules 2025-2028
Author	Federation Interantionale De Volleyball
Citation	No value
Online Resource(s)	https://www.fivb.com/wp-content/uploads/2025/01/FIVB-Volleyball_Rules2025_2028-EN-v05.pdf

Learning Outcomes
Course Objectives
List the basic rules and regulations of volleyball.
Demonstrate basic individual skills of volleyball.

Engage in varied game-like situations incorporating basic offensive and defensive techniques and strategies.

Understand perceived exertion regarding physical activity.

Incorporate social skills to enhance student interaction, individual growth, sportsmanship, and teamwork.

SLOs

Demonstrate knowledge of the rules and methods of scoring. Expected Outcome Performance: 70.0

Demonstrate basic fundamental skills for volleyball. Expected Outcome Performance: 70.0

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Safety Procedures, Set-Up, and Breakdown (6 hours)

- Creating a safe environment
- Stretching and warm-up
- Setting up the court
- Breaking down the court
- Cool-down

History, Basic Rules and Terminology (8 hours)

- Development and history of volleyball
- Rules: Federal International Volleyball (FIVB)

- Rules: National Collegiate Athletic Association (NCAA)

Basic Individual Skills for Volleyball (20 hours)

- Forearm passing
- Overhead passing
- Setting
- Serving
- Attacking approach
- Blocking
- Defensive movement

Team Concepts for Volleyball (16 hours)

- Team offense overview
- Team defense overview
- Basic rotations
- Game play
- Serve receive

Conditioning for Volleyball (4 hours)

- Core conditioning
- Jumping

Total hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No

What term(s) will this course be offered?

Fall/Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value