

# Glendale College

## Course Outline of Record Report

Course ID 003092  
Cyclical Review - March 2025

### PE276 : Volleyball III

#### General Information

Author:	• Erin Calderone
Attachments:	DE Addendum_PE_276_COR_3:11:25_CoDE_5:27:25.pdf
Course Code (CB01) :	PE276
Course Title (CB02) :	Volleyball III
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) :	CCC000600739
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 276 builds on intermediate volleyball skills and concepts learned in PE 275. Students continue to refine volleyball skills and apply them to competitive situations in a recreational environment. Students learn advanced tactics, rule interpretations and strategies for team competition.
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:	• Coaching
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**

No value

**Award Type**

No value

**Active**

### 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 8: Lifelong Learning

**Area**

Lifelong Learning

**Status**

Approved

**Approval Date**

09/02/2025

**Comparable Course**

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**

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

**Prerequisite**

PE275 - Volleyball II

**Entry Standards**

Entry Standards	Description
No value	No value

**Course Limitations**

Cross Listed or Equivalent Course	Description
No value	No value

**Specifications****Methods of Instruction**

Methods of Instruction	Lecture
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Methods of Instruction	Laboratory
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Methods of Instruction	Discussion
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Methods of Instruction	Multimedia
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Methods of Instruction	Demonstrations
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**Out of Class Assignments**

- Critique (e.g. watch film and write an analysis which breaks down offensive and defensive plays)
- Individual project (e.g. develop a practice plan for a youth volleyball team and implement the plan in class)
- Field activities (e.g. playing doubles at the beach)

**Methods of Evaluation****Description of Activity/Interaction**

Presentation (group or individual)	Demonstration
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Exam/Quiz/Test	Written assignments
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Activity (answering journal prompt, group activity)	Group participation
Exam/Quiz/Test	Final exam on offensive and defensive systems

**Textbook Rationale**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials (i.e. OER, handouts)**

<b>Description</b>	FIVB Official Volleyball Rules 2025-2028
<b>Author</b>	Federation Interantionale De Volleyball
<b>Citation</b>	No value
<b>Online Resource(s)</b>	<a href="https://www.fivb.com/wp-content/uploads/2025/01/FIVB-Volleyball_Rules2025_2028-EN-v05.pdf">https://www.fivb.com/wp-content/uploads/2025/01/FIVB-Volleyball_Rules2025_2028-EN-v05.pdf</a>

**Learning Outcomes**

**Course Objectives**

Apply and demonstrate knowledge about the rules and regulations of the game.

Demonstrate advanced fundamental techniques used for volleyball.

Compete in game-like situations and analyze offensive and defensive techniques and strategies.

Assess individual and team strengths and weaknesses to refine skills.

Increase fitness and coordination through game drills and competition.

Utilize verbal communication necessary for effective team work and team competitions.

**SLOs**

Discuss positional team play and team dynamics.	Expected Outcome Performance: 70.0
Develop and apply advanced volleyball skills through individual and team practice.	Expected Outcome Performance: 70.0
Integrate cooperative skills needed to perform at a high level of play.	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 (4 hours)**

- Creating a safe environment
- Active warm-up/dynamic stretches
- Setting up the court
- Breaking down the court
- Cool-down

**Rules, Regulations and Terminology (4 hours)**

- Rules: Federal International Volleyball (FIVB)
- Rules: National Collegiate Athletic Association (NCAA)

**Advanced Fundamental Skills for Volleyball (12 hours)**

- Attacking transitions
- Swing blocking
- Defensive diving/rolling
- Setting quick sets
- Back-row attacking
- Serving
  - Top spin
  - Floater
  - Jump serve

**Advanced Offensive Team Strategies for Volleyball (12 hours)**

- 6-2 setting system
- 4-2 setting system
- 5-1 setting system
- Hitting variations
- Serve receive variations
- 9 position serving areas

**Advanced Defensive Team Strategies for Volleyball (14 hours)**

- Rotational defense
- Perimeter defense
- See and read defense
- Middle up defense
- Hitter coverage
- Blocking strategies

**Advanced Strategies for Teamwork (4 hours)**

- Effective communication
- Creating teams with captains
- Team goal setting

**Physical Development and Conditioning (4 hours)**

- Physical endurance through drills
- Plyometric warm-ups
- Core conditioning
- Sprint conditioning

**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 liason?

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