Course Information

Course Title	Co-ed Volleyball
Course Prefix, Num. and Title	PHED 1110
Division	Life Sciences
Department	Life Sciences
Course Type	Academic General Education Course (from ACGM, but not WCJC Core)
Course Catalog Description	Open to individuals who wish to improve their personal skills in volleyball supervised practices and game conditions
Pre-Requisites	Enter Pre-Requisites Here.
Co-Requisites	Enter Co-Requisites Here.

Semester Credit Hours

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

Approval Signatures

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

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).

Note: All one hour kinesiology activity courses have the following components:
   1. Warm-up/Stretching/Flexibility
   2. Exercise bout or activity
   3. Cool down

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:
Proper workout clothes/shoes

Suggested Course Maximum:
24

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

Gym/Volleyball court

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