

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 1280, Volleyball
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Teaches you the basic skills and rules of volleyball, emphasizing learning basic bump, set, and spike which are the fundamentals of volleyball skills. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will learn to:</p> <ol style="list-style-type: none"> 1. Demonstrate the basic movements and correct technique of a variety of volleyball skills in game situations. 2. Demonstrate an understanding of the rules and etiquette of volleyball. 3. Demonstrate how to play in a team setting. 4. Demonstrate various volleyball movements with improved accuracy. 5. Demonstrate knowledge of safety regulations and cautions during a volleyball session. 6. Explain the history and background of volleyball.
College-Wide Student Learning Outcomes	<p>PHED 1280, Volleyball learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>