



PATHFIT 4 – TEAM SPORTS

UNIVERSITY VISION

A leading University in advancing scholarly innovation, multi-cultural convergence, and responsive public service in a borderless Region.

UNIVERSITY MISSION

The University shall primarily provide advanced instruction and professional training in science and technology, agriculture, fisheries, education and other related fields of study. It shall also undertake research and extension services, and provide progressive leadership in its areas of specialization.

UNIVERSITY STRATEGIC GOALS

- a. Deliver quality service to stakeholders to address current and future needs in instruction, research, extension, and production
- b. Observe strict implementation of the laws as well as the policies and regulations of the University
- c. Acquire with urgency state-of-the-art resources for its service areas
- d. Bolster the relationship of the University with its local and international customers and partners
- e. Leverage the qualifications and competences in personnel action and staffing
- f. Evaluate the efficiency and responsiveness of the University systems and processes

PROGRAM OUTCOMES (PO) COMMON TO ALL PROGRAMS AND ITS RELATIONSHIPS TO INSTITUTIONAL OUTCOMES

A graduate of Sultan Kudarat State University can:	INSTITUTIONAL OUTCOMES (IO)						
	a	b	c	d	e	f	g
a. discuss the current developments and advancements in the specific field of practice;	✓	✓				✓	
b. demonstrate independently the 21 st century competencies and skills;	✓	✓		✓		✓	
c. work collaboratively in multi-disciplinary and multi-cultural groups;	✓		✓	✓	✓		
d. exhibit professional, social and ethical accountability;	✓	✓	✓	✓	✓		
e. preserve Filipino historical and cultural heritage;	✓	✓	✓	✓	✓		
f. generate new knowledge through data-driven research and development projects; and				✓	✓	✓	✓
g. participate actively in the national, regional and local development plans.	✓	✓	✓	✓	✓	✓	✓

1 COURSE CODE PATHFIT 4
 2 COURSE TITLE Team Sports
 3 PREREQUISITE None
 4 CREDITS 2 units

5 COURSE DESCRIPTION

This Course is designed to help players learn and develop a basic understanding of volleyball. The class will include instruction in the basic skills of serving, passing, setting, attacking and blocking. The course will also cover tactical skills of basic volleyball offensive and defensive play and well as the rules and scoring. This course has been designed for the beginning volleyball player to grow and improve their volleyball skills.

6 COURSE LEARNING OUTCOMES (CLO) AND ITS RELATIONSHIPS TO PROGRAM OUTCOMES

Course Learning Outcomes (CLO)	Program Outcomes						
	a	b	c	d	e	f	g
At the end of the course, a student can:							
a. Relate and express the VMGO of the University	✓	✓	✓	✓	✓	✓	✓
b. Appreciate the history of the games and how it affects the physical, moral, social and spiritual aspect of man;	✓	✓	✓	✓	✓	✓	✓
c. Narrate the nature and background of the games;	✓	✓	✓	✓	✓	✓	✓
d. Define, discuss and identify the basic skills, rules and terminologies in playing the games;	✓	✓	✓	✓	✓	✓	✓
e. Perform proficiently the basic skills of selected team sports	✓	✓	✓	✓	✓	✓	✓
f. Show desirable attitudes towards practice and playing;	✓	✓	✓	✓	✓	✓	✓
g. Promote the safety and healthy habits of sportsmanship	✓	✓	✓	✓	✓	✓	✓

7 COURSE CONTENTS

WEEK	CONTENT	INTENDED LEARNING OUTCOMES(ILOs)	TEACHING AND LEARNING ACTIVITIES (TLA)	OUTCOMES-BASED ASSESSMENT (OBA)	COURSE LEARNING OUTCOMES (CLOs)
1	Course Orientation <i>SKSU VMGO, Classroom Policies, Course Overview, Course Requirements, Grading System</i>	At the end of the week, the students can discuss the University's VMGO, classroom policies, scope of the course, course requirements and grading system	Discuss the VMGO of the University, the classroom policies, scope of the course, course requirements and grading system	Oral Recitation of VMGO	a
2	Lesson 1: History, of Volleyball	At the end of the week, Students can discuss the history of the event and describe the different meaning of each term	Explain the historical background, meaning of terms in volleyball Lecture	<ul style="list-style-type: none"> • Individual participation in class discussion and group presentation. • Multiple Choice • Essay 	b,c
3	Lesson 2. Facilities and equipment	At the end of the week, The students can identify the different equipment of the game, locate the different dimensions of the court	Explain the facilities and equipment of volleyball Lecture	<ul style="list-style-type: none"> • Individual participation in class discussion. • Multiple Choice • Essay 	c

	Lesson 3: Etiquette, Safety Measures, and Rules and Regulation in Volleyball	At the end of the week, the students can discuss the difference of the etiquette and the safety precautions of the game.	Explain the difference of the etiquette and the safety precautions of the game Lecture	• Individual participation in class discussion. • Multiple Choice • Essay	c, f
4	Lesson 4. Importance of studying volleyball	At the end of the week, the students can understand the importance of studying volleyball	Explain and evaluate the importance of studying volleyball	• Individual participation in class discussion • Essay	c, d
5 -8	Lesson 5. Training Techniques in volleyball	At the end of the week, the students can analyze and evaluate the different training methods	Explain and demonstrate the different training methods Lecture	Individual participation	d,e,f, g
9			MIDTERM EXAM		
10-14	Lesson 6. Fundamental Skills in Volleyball	At the end of the week, the students can perform and demonstrate the different basic skills and drills in playing volleyball.	Demonstrate the different basic skills and drills in playing volleyball.	Individual / group participation	d, e , f, g
15	Lesson 7. Functions of Technical Officials	At the end of the week, the students can recognize and identify the different officiating skills in playing volleyball.	Explain and demonstrate the different officiating skills in application to the rules of the game Lecture	Individual / group participation	d, e , f, g
16	Lesson 8. Signs and Signals	At the end of the week, the students can perform different hand signals in officiating the game	Explain and demonstrate the different hand signals in officiating the game Lecture	Individual / group participation	d, e , f, g
17	Lesson 9. Management of Sports Competition	At the end of the week, the students can manage the class / inter-class competition	Explain the different theories of sports management	Individual / group participation	d, e , f, g
18			FINAL EXAMINATION / CLASS TOURNAMENT		

Total No. of Hours : 36

COURSE REQUIREMENTS AND COURSE POLICIES

COURSE REQUIREMENTS

Each student is required to:

1. Wear complete PE uniform (with rubber shoes and socks);
2. Have a separate notebook for lectures;
3. Bring water bottles for hydration and observe proper hygiene;
4. discuss an assigned topic to report and participate in class discussions; and
5. pass the major exams (midterm and final)

COURSE POLICIES

Attendance: A student will be marked late if he/she enters the class 5 minutes after start of class period. Any student who comes to class 15 min always late for three consecutive meetings shall be marked absent.

Missed work or exam: Any student who missed to submit a work assignment or to take a test should consult the concerned instructor for immedia

Cheating and Plagiarism: Any student who committed any form of academic dishonesty (e.g., copy-paste plagiarism) shall be given disciplina
Student's Handbook

9 GRADING SYSTEM AND RUBRICS FOR GRADING

GRADING SYSTEM

Grading System:

1. Examinations (mid and final terms)	50 %
2. Practicum/class participation/requirements/projects	30 %
3. Quizzes/Assignments	20 %
Total	100%

Rubric for Individual Participation in Volleyball

Criteria	Excellent (5 pts)	Good (4 pts)	Satisfactory (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pt)
Skills Execution (Passing, Serving, Setting, Attacking, Blocking, Digging)	Consistently executes skills with precision, proper form, and control	Frequently demonstrates correct skills with minor errors	Performs basic skills with some inconsistency	Struggles to execute skills correctly and lacks control	Unable to perform basic volleyball skills
Game Awareness & Strategy	Demonstrates strong understanding of game tactics, positioning, and quick decision-making	Shows good understanding of game flow but occasional lapses in positioning	Displays moderate awareness but has difficulty reacting to game situations	Limited game awareness, often out of position and slow to react	No understanding of game strategy or positioning
Communication & Teamwork	Always communicates effectively,	Regularly communicates and	Occasionally communicates but	Rarely communicates and	Does not communicate or

	Excellent (5 pts)	Good (4 pts)	Satisfactory (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pt)
Effort & Hustle	encourages teammates, and contributes positively	works well with teammates	lacks consistency in teamwork	has difficulty working with teammates	support teammates
Sportsmanship & Attitude	Gives maximum effort, moves actively, and never gives up on a play	Works hard but occasionally slows down or lacks intensity	Puts in moderate effort but inconsistent in chasing the ball	Displays minimal effort and is often disengaged	Shows no effort, does not attempt to play actively
	Always shows respect, follows rules, and demonstrates a positive attitude	Generally respectful and maintains a positive demeanor	Shows occasional frustration but remains respectful	Frequently complains, argues, or shows a negative attitude	Displays poor sportsmanship, disrespects teammates, opponents, or officials

Scoring Guide:

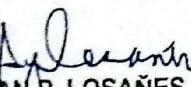
- 25 - 22 points: Outstanding Performance
- 21 - 18 points: Good Performance
- 17 - 14 points: Satisfactory Performance
- 13 - 10 points: Needs Improvement
- Below 10 points: Unsatisfactory Performance

10 REFERENCES

Online References

- : <https://www.fivb.com/volleyball/the-game/official-volleyball-rules/>
- : <https://palarongpambansa.deped.gov.ph/wp-content/uploads/2024/05/Guidelines-Volleyball.pdf>
- : https://cdn1.sportnqin.com/attachments/document/8e67-3015554/CSSA_Volleyball_Rules_Regulations.pdf
- : any other related references

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Rubric for Volleyball Performance in PathFit 4
Midterm Examination
2nd Sem AY 2024-2025

(Passing, Serving, Volleying, Bumping, and Basic Scoring System)

Criteria	Excellent (10 pts)	Good (8 pts)	Satisfactory (6 pts)	Needs Improvement (4 pts)	Poor (2 pts)
Passing (Setting & Forearm Pass)	Executes accurate, controlled passes with proper form and minimal errors.	Passes are mostly accurate but with minor inconsistencies in form.	Passes reach the target but lack consistency or control.	Passes are frequently off-target or lack power and control.	Unable to execute proper passing technique.
Serving (Underhand/Overhand)	Consistently serves the ball over the net with power, accuracy, and correct form.	Serves successfully most of the time but lacks consistency in power or accuracy.	Serves are inconsistent, with occasional errors in execution.	Struggles to get the ball over the net; improper form.	Unable to serve correctly or fails to make a legal serve.
Volleying (Setting & Overhead Pass)	Controls the ball well, using proper hand positioning and movement.	Demonstrates good volleying skills with minor errors in form.	Can volley but lacks consistency and proper hand positioning.	Struggles with control and accuracy in volleying.	Unable to execute a proper volley.
Bumping (Forearm Pass)	Demonstrates proper stance, arm positioning, and control for effective bumps.	Mostly uses correct technique but has occasional control issues.	Can bump the ball but lacks consistency and accuracy.	Form and control are poor, often sending the ball in unintended directions.	Unable to bump effectively or lacks understanding of the technique.
Basic Scoring System	Clearly understands and correctly applies volleyball scoring rules.	Understands scoring rules but occasionally makes mistakes.	Knows basic scoring but struggles with some details.	Has difficulty applying the scoring system correctly.	Shows little to no understanding of volleyball

Scoring Guide

- 50-45 points (Excellent) – Demonstrates mastery of volleyball skills and scoring rules.
- 44-35 points (Good) – Performs well with minor mistakes.
- 34-25 points (Satisfactory) – Needs improvement but meets basic expectations.
- 24-15 points (Needs Improvement) – Struggles with execution and understanding.
- 14-10 points (Poor) – Lacks fundamental skills and understanding of the game.

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Signature over Printed Name of Faculty and Date

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