San José State University  
Kinesiology  
Winter 2014, KIN 14A Beginning Volleyball

Contact Information

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Chris May</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>SPXC 301</td>
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<tr>
<td>Telephone</td>
<td>(408) 924-3015</td>
</tr>
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<td>Email</td>
<td><a href="mailto:christian.may@sjsu.edu">christian.may@sjsu.edu</a></td>
</tr>
<tr>
<td>Office Hours</td>
<td>by appointment</td>
</tr>
<tr>
<td>Class Meeting Days/Time</td>
<td>Section 1 M,T,W,Th,F 9:00-11:05 am 1/2/14 – 1/17/14 SPX44B</td>
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</tbody>
</table>

Course Description

This course provides the student with the opportunity to learn and develop the basic rules and skills of volleyball, the 6-6 offense and the defense against the 6-6 offense.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, and techniques associated with beginning volleyball.
- Proficiency in execution of the skills covered.
  - A positive change in personal fitness as it relates to components such as flexibility, balance, coordination, and agility.
- An understanding of the rules, strategies, safety and etiquette associated with volleyball
- An understanding of the mental and physical health benefits to be derived from volleyball.
- Incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed
- Identify and/or explain the benefits of physical activity as related to physical and mental health
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
Text/Readings
Reading materials associated with class, quizzes, final, & skill development will be emailed to the student.

Course Notes
- Class protocol: For example: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Student will have read, understood, and abide by Kinesiology department policies and procedures below.

STUDENT POLICIES AND PROCEDURES FOR PHYSICAL ACTIVITY CLASSES
The faculty of the Department of Kinesiology (KIN) hope that you will find your experience in Kinesiology classes valuable in developing and maintaining a repertoire of fitness and leisure time skills, in helping you grow as a totally educated person, and in understanding the guidelines for physical fitness throughout your life span. Moreover, it is hoped that your experiences will be enjoyable.

REQUIREMENTS AND CREDIT
Every student must complete two different physical education activity courses to meet the university graduation requirement. No course may be repeated for credit. However, a course may be repeated for no credit with the instructor’s permission. Repeated courses can not be accessed through online registration and you must have an add permit code to enroll in the repeated course. Activity classes taken in addition to the two unit requirement are accepted as electives.

HEALTH AND ACCIDENT CONSIDERATIONS
The necessary physiological condition and fitness, and health insurance needs for each class, are the responsibility of the student. All students are expected to abide by the established safety regulations and to immediately report, to the instructor, the occurrence of any accidents. Students with severe physical restrictions may obtain appropriate information relative to meeting the physical education graduation requirement from the Kinesiology office. While rigorous physical exercise has many benefits, it also presents potential hazards for certain groups of individuals. These include PERSONS OF ANY AGE who:

1. are sedentary;
2. have known heart or blood vessel disease, including high blood pressure;
3. have high risk of heart disease (major risk factors include smoking, diabetes mellitus, high cholesterol, heredity, and high blood pressure).

In addition, risk is greater for persons in the above categories who are 40 years of age or older. It is recommended that individuals in the above categories have a complete medical examination, including an exercise electrocardiogram (stress EKG), prior to participation in classes involving vigorous activity. Individuals who choose not to have a medical examination should be aware of the potential risks and hazards of vigorous physical activity to themselves. Participation in KIN classes is at your own risk. Since
SJSU does not insure students, students are encouraged to obtain their own accident and medical emergency insurance.

**ELECTING CLASSES AND ABILITY LEVELS**

All classes are open to matriculated students who enroll for credit and more than one class may be taken during a semester. After regular students have enrolled, open university and auditors may enroll on a space available basis, with the instructor's permission. Students should enroll in sections commensurate with their health and ability level. A beginning class, or equivalent, is prerequisite to an intermediate level class; an intermediate class or equivalent, is prerequisite to an advanced class. Instructors may screen for ability level and request inappropriately enrolled students to drop.

**ADD-DROP POLICY**

Physical education classes require the same commitment as any other class. University procedures for adding and dropping will be followed. The student is responsible for the processing adds/drop.

**OFF-CAMPUS OR OUT-OF-DOORS ACTIVITY CLASSES**

The first class meeting of off-campus or out-of-doors classes will be held in the Spartan Complex buildings. First class meeting locations are posted outside the Kinesiology Department Office. At the first class meeting, directions will be given as to where to meet thereafter. Outdoor classes are expected to meet even during stormy weather. Alternate class meeting locations will be identified in the instructor's course green sheet. Additional notices will be posted on the doors of the men's and women's locker rooms.

**CLASSES HELD IN THE EVENT CENTER**

All students are required to present their student I.D., Tower Card, to the front desk staff to enter the Event Center for a class. NO EXCEPTIONS!

**DRESS AND EQUIPMENT**

Students are expected to wear clothing and footwear appropriate to the rigors and safety of the activities in which they engage. Class instructors will designate basic requirements. Many students provide their own equipment such as rackets. Where department equipment is issued, the student is held responsible for non-accidental breakage or loss.

**LOCKER ROOM AVAILABILITY OPTIONS**

DESIGNATED DAY-USE LOCKER AREA is available from 7:15 AM to 3:45 PM, Monday-Friday (no towel issue). Locks (no key locks) and belongings must be removed by 3:45 PM each day. Items left in locker will be discarded, NO EXCUSES.

**STUDENT EVALUATION**

Active participation is essential to ensure maximum benefit for all members of the class. Lack of participation means fewer opportunities to practice that may result in a lower grade. If a chronic illness develops or an accident occurs which requires extended
absence, the student should report to the student Health Services for a medical statement and withdraw from the class. There are no excused absences, except for the official excuse from the office of the Dean of Students (usually for off-campus events). In the latter case, the student is responsible for making arrangements (in advance) with the instructor of the class. Students can expect to be evaluated on all material presented during the class. Written tests, skill tests, and class assignments appropriate to the basic grading system of the University (A, B, C, D, F and Credit/No Credit). An incomplete may be assigned according to the policy published in the University bulletin.

GYMNASIA RULES

Please remember that this is a classroom, and respect the facility and treat it as though it were any professional health club. Thank you for your compliance with the following Kinesiology Department gymnasium rules.

1. Wear proper workout apparel and sport shoes for class.
2. Students are encouraged to place their personal belongings in lockers in the locker room.
3. No dark soled athletic shoes that make marks on the floor are permitted.
4. No food or drink, other than water, in the gym. Absolutely NO glass containers are allowed.
5. No chewing gum in the gym.
6. Be respectful of others and turn your cell phone off before entering the gym.
7. No tape of any kind on the floors or walls.
8. Help the instructor put all equipment away after class.
9. No skateboards, bikes, rollers, or wheels in the gym.
10. No horse play in the gym.
11. Take your trash out (newspapers, empty bottles, and other waste).
12. Follow the specific rules in your class.

- Student may have up to one week to make-up missed quiz due to documented medical or family emergencies.
- Final Exam may only be made up for documented serious and compelling reasons within two days of listed exam date.
Course Requirements and Grading Policy -

Grading Plan
10% Quiz 1
10% Quiz 2
30% Skill Development
30% Skill Assessment
10% Movement Analysis Assignment
10% Final Exam

Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
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<tr>
<td>87% - 89%</td>
<td>B+</td>
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<tr>
<td>83% - 86%</td>
<td>B</td>
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<td>80% - 82%</td>
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<td>77% - 79%</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
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<tr>
<td>70% - 72%</td>
<td>C-</td>
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<tr>
<td>67% - 69%</td>
<td>D+</td>
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<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
<td>F</td>
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**Tests:** Quizzes will be multiple choice, listing, or short answer. Final exam consists of short answer and listing.

**Assignments/Projects:**

**Movement Analysis Assignment.**

Watch any live or media broadcast volleyball game high school level or higher. Try and identify which type of offense one team is implementing, and describe one teams defensive alignment. Describe the perceived strengths and weaknesses of one of the team you are observing. In a two to three page typed paper summarize your observations. Then clearly explain how you might implement some of the positive attributes of what you have learned into your own game.

**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog in the policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document at [http://www.sjsu.edu/provost/services/academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The late drop policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](http://www.sjsu.edu/aars/policies/latedrops/policy/). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity policy at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm) requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.
**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. *Presidential Directive 97-03* at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center (AEC)](http://www.sjsu.edu/aec/) to establish a record of their disability.

**Course Calendar (subject to change with fair notice by announcement in class)**

<table>
<thead>
<tr>
<th>Jan</th>
<th>KIN 14A Beginning Volleyball – Winter 2014, tentative schedule</th>
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<tbody>
<tr>
<td>2</td>
<td>Introduction to class policies and procedures, and forearm passing.</td>
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<tr>
<td>3</td>
<td>Forearm passing, and underhand serve.</td>
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<tr>
<td>6</td>
<td>Volleyball rules &amp; etiquette.</td>
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<tr>
<td>7</td>
<td>Quiz 1</td>
</tr>
<tr>
<td>8</td>
<td>Overhead passing/setting</td>
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<tr>
<td>9</td>
<td>Overhand Service</td>
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<tr>
<td>10*</td>
<td>Team Offenses</td>
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<tr>
<td>13</td>
<td>Team Offenses</td>
</tr>
<tr>
<td>14</td>
<td>Quiz 2</td>
</tr>
<tr>
<td>15</td>
<td>Court Positioning</td>
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<tr>
<td>16</td>
<td>Team strategies</td>
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<tr>
<td>17</td>
<td>Final Exam, Friday January 17(^{th}), 2014 &amp; * Movement Analysis Due</td>
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