

**San José State University
Department of Kinesiology
Fall 2018 KIN 14A, Beginning Volleyball**

Instructor: Christian May

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Office Hours: Tuesdy and Thursday 9:30am-10:20am or by appointment

Class Days/Time: Section 2 Mon. & Wed. 12:30pm-1:20pm
Section 5 Tues. & Thurs. 10:30-1120am.

Classroom: SPX 107A

Link to new syllabi policy: <http://www.sjsu.edu/senate/docs/S16-9.pdf>

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

The course goals and learning objectives include an introduction to team volleyball play. The student will introduced to the rules and throughout the semester practice serving, forearm passing, and setting. Also, the student will be introduced to the rules, and the concept of team play.

Course Content Learning Outcomes

Upon successful completion of the course, the student will be able to:

- A. perform basic skills including, passing, setting, and serving.
- B. understand beginning volleyball rules.
- C. understand basic team concepts and court movement.
- D. incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.

Activity Program Learning Outcomes (APLOs)

After the completion of the class, the student shall be able to

1. demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
4. demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Readings

Reading material will be emailed to the student via mysjsu.

Classroom Protocol

Student will come prepared to participate in physical activity which includes proper exercise attire including court shoes. No food or drink with the exception of water in a plastic water bottle is allowed in SPX 107A. Further, students must be engaged in the movement patterns associated with volleyball.

Course Requirements and Grading Policy

Quizzes are multiple choice and short answer, and Final is short answer and listing.

Grading Plan

10% Quiz 1

10% Quiz 2

10% Quiz 3 Benefits of Physical activity related to cognitive & physical domains

10% Final Exam

25% Skill Development

35% Active Participation (volleyball specific group activity/discussion)

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

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

- Active Participation is being actively participating in volleyball specific drills, games, or activities.

University Policies

<http://www.sjsu.edu/gup/syllabusinfo/>

KIN 14A Beginning Volleyball Fall 2018

(TENTATIVE SCHEDULE)

Week 1	Introduction to class policies and procedures, and forearm passing.
Week 2	Forearm passing and underhand service.
Week 3	Volleyball rules
Week 4	Quiz 1
Week 5	Overhead passing/ setting
Week 6	Overhand service
Week 7	Team rotation
Week 8	Quiz 2
Week 9	Court positioning
Week 10	Team Strategies
Week 11-14	Match play
Week 15	Quiz 3 Skills Assessment
	FINAL EXAM Sect 2 Dec. Monday 17,2018 125-1245pm Sect 5 Dec. Wednesday 12, 2018 945-1015am

