COURSE OUTLINE

Dr. Dick Montgomery - Beginning Volleyball - KIN 14A

Course Description - This course is designed to teach the beginning concepts of volleyball. Its goal is to provide the participant with knowledge about the principles involved with beginning volleyball and improving the health related components of fitness through a variety of volleyball drills and play.

Prerequisites - It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

Course Objectives (based on APLO’s). Upon successful completion of the course requirements a student should:

1. Be able to demonstrate improved skill performance in volleyball.
2. Be able to demonstrate a beginning understanding of (a) current volleyball techniques, (b) the guidelines for developing greater skill through proper movement, technique and improved fitness (c) proper and safe exercise techniques.
3. Be able to demonstrate an understanding of the physiological and psychological benefits from physical activities and the reduced risk of certain diseases and health issues.
4. Demonstrate a positive change in the components such as technique, cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Course Contents:

1. Use a variety of beginning volleyball drills and training techniques.
2. Demonstrate an improved level of overall strength and fitness.
3. Write a personal training program commensurate with beginning volleyball knowledge.
4. Understand how principles of team training can be applied in a diverse society (women, men, older populations, disabled, etc.).
Text - None required. Cognitive material comes from a variety of sources provided in class. Students are expected to keep lecture notes, utilize handouts and may be asked to reference some outside reading sources.

Office - SPX 301  
Office Hours – 7:30-8:30 AM MW or by appt.  
Ph. – 924-3015 or e-mail – richard.montgomery@sjsu.edu (prefer)

Evaluation
Grading Scale

| Activity Quiz- 15 pts (3@5pts) | 100-90 = A |
| Final Evaluation- 15 pts | 89-80 = B |
| Quizzes - 60 pts (10@6 pts) | 79-70 = C |
| Fieldwork assignment - 10 pts | 69-60 = D |
| | Below 60 = F |

Class Policies

1. Assignments received or completed late will receive a deduction of 2 points for each day late.
2. Quizzes must be taken in class at the time given and cannot be made up.
3. Quizzes are not pre announced and may be given at any time during the class period.
4. This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Please see me for instructions.
5. One quiz may be made up at the end of the semester if the make up results in the difference in a grade.
6. All students must be dressed properly (see KIN policy) in order to participate in activity.
7. A quiz will only be recorded if activity for that class period is also completed.
8. Cell phones should not be used during class time. Personal music can be utilized in lieu of the music played during activity.

Course Schedule

Aug 21 - First day of instruction
Sept. 2 – Holiday
Nov. 6 - Outside assignment instruction sheet handed out
Nov. 11 – Holiday
Nov. 13 – Outside assignment due
Nov. 27 - Take home final handed out
Dec. 9 – Last day of class and take home final due
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 Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at 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/.

University Policies

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, located at 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 is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.

Student Technology Resources
Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.
A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.