

**San Jose State University**

Beginning Volleyball – Kin 14A                      Section 1 and 2  
Section 1 Mon/Wed 10:30 – 11:20 pm  
Section 1 Mon/Wed 11:30 – 12:20 pm

Spring 2013  
SPX 44B  
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Office Hours: I'm available after each class.

Course Description – Beginning Volleyball is designed to teach introductory skills, principles, rules, and techniques fundamental to understanding and playing volleyball.

Prerequisite – None

Course Objectives – Upon successful completion of the course, the student should be able to:

- a. Demonstrate the acquisition and application of the motor skills appropriate to volleyball.
- b. Demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate for volleyball.
- c. Understand and apply the therapeutic aspects of sport to lifetime wellness and to a diverse society.
- d. Interact with students from diverse backgrounds

Course Content:History, Terminology, Rules, Safety, Equipment, Personal Skills, Mechanics, and Conditioning.

Text – None required, lecture material comes from a variety of sources provided in class. Students are expected to keep notes and may be asked to utilize some outside reading sources.

Evaluation		Grading Scale
Quizzes –	120 points	362-402 – A
Participation –	182 points	321-361 – B
Skill Evaluation –	50 pts.	281-321 – C
Paper -	50 pts.	241-280 – D
		Below 240 - F

You will be allowed to miss participation in three (3) classes without hurting your grade. Each class is worth seven (7) participation points. Instruction will be given the beginning of each class; therefore it is important to be on time. Arriving to class late after instruction and roll will result in a tardy. Three tardies will result in the loss of one day's participation points.

If there is an official medical excuse, written work will be given to make up for class participation.

**Paper** - Write a one-page biography of one of the members of the 1984 US Olympic women's volleyball team. **Paper will be due March 20, 2013**

**Quizzes** – There will be 3 quizzes. The quizzes will be given in the first 10 minutes of class. There will be no make-up quizzes given. Quiz dates are listed on the schedule, however they are subject to change.

- Notes – Credit/No Credit grade is an option in lieu of a letter grade by completing the proper paperwork with Admissions and Records before the end of the drop and add period. A grade of D or above will earn Credit.

**Extra credit** can be earned for up to two (2) classes.

- 1) Attend an SJSU women's club or Stanford men's volleyball match, take a picture with your phone of yourself at the match with the scoreboard in the background.
- 2) Write a one page paper on the 2008 United States Men's Volleyball Gold Medal Winning team and their experience at the Beijing Olympics. Must be turned in by the last class day.

## 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](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.

### Tentative Schedule

Jan 23 – Introduction – Green Sheet  
Jan 28 – Rules  
Jan 30 - Passing, Setting  
Feb 4 - Hitting, Serving  
Feb 6 – Transition  
Feb 11 – Quiz 1 – Rules – King of the Court  
Feb 13 – King of court tournament  
Feb 18 – NO CLASS  
Feb 20 - Offensive sets  
Feb 25 - Offensive systems/Rotations  
Feb 27 – Individual defense  
Mar 4 – Team defense  
Mar 6 – 6 on 6 wash drill – Bingo bango bongo  
Mar 11 – Quiz # 2 - Emergency Skills – Sprawls/Pancake  
Mar 13 - Tournament # 1  
Mar 18 – Tournament #1  
Mar 20 – Tournament #1 – Paper Due  
Mar 21 – Tournament # 1  
Mar 25-Mar 29 Spring Break  
Apr 1 – Cesar Chavez Day – NO CLASS  
Apr 3 – Over hand digging and passing  
Apr 8 – Girls/Boys day  
Apr 10 – ½ court tournament  
Apr 15 – Coed rules - play  
Apr 17 – Reverse coed rules - play  
Apr 22 – Blocking  
Apr 24 – Short court tournament  
Apr 29 – 6 on 6 drills – Bounce to winning team play to 5  
May 1 – Tournament #2  
May 6 – Tournament #2  
May 8 – Tournament #2  
May 13 - Final Quiz - Tournament #2