

**San José State University  
Department of Kinesiology  
KIN 14B, Intermediate Volleyball, Fall 2013**

**Instructor:** Chris May

**Office Location:** SPXC 301

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**Office Hours:** Monday & Wednesday 9:30-am-10:25am, or by appointment

**Class Days/Time:** Section 1 Monday & Wednesday 10:30am -11:20am

**Classroom:** SPX 44B

**Course Description**

This course provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions both offensively and defensively.

**Course Goals and Student Learning Objectives**

The course goals and learning objectives include a review to team volleyball play. The student refine and perfect movement intermediate level volleyball movement patterns, and will practice forearm passing, overhead passing and setting, and both underhand and overhand service. Also, the student will review basic volleyball rules 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, and serving.
- B. understand 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 distributed in class.

### **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 SPX44B. Further, students must be engaged in the movement patterns associated with volleyball.

### **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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### **Assignments and Grading Policy**

A letter grade will be determined by the following criteria and grading scale;

Quizzes (2 @ 15%)	30%	A+ = 97-100	C+= 77-79
Skill Development	30%	A = 93-96	C = 73-76
Movement Analysis Assignment	20%	A- = 90-92	C- = 70-72
Final Exam	20%	B+ = 87-89	D+= 67-69
	100%	B = 83-86	D = 63-66
		B- = 80-82	D- = 60-62
			F = 59 & below

## 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.

### **Student Technology Resources (Optional)**

Computer labs for student use are available in the Academic Success Center located on the 1<sup>st</sup> floor of Clark Hall and on the 2<sup>nd</sup> 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.

### **Learning Assistance Resource Center (Optional)**

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at <http://www.sjsu.edu/larc/>.

## **KIN 14B Intermediate Volleyball Fall 2013**

### **(TENTATIVE SCHEDULE)**

<b>Week 1</b>	<b>Introduction to class policies and procedures, and forearm passing.</b>
<b>Week 2</b>	<b>Review forearm passing and underhand service.</b>
<b>Week 3</b>	<b>Volleyball rules</b>
<b>Week 4</b>	<b>Quiz 1</b>
<b>Week 5</b>	<b>Review overhead passing/ setting</b>
<b>Week 6</b>	<b>Overhand service</b>
<b>Week 7</b>	<b>Team rotation</b>
<b>Week 8</b>	<b>Quiz 2</b>
<b>Week 9</b>	<b>Court positioning</b>
<b>Week 10</b>	<b>Team Strategies</b>
<b>Week 11-14</b>	<b>Match play</b>
<b>Week 15</b>	<b>Skills Assessment</b>
	<b>FINAL EXAM Thursday 12/6/13 during regularly scheduled class time.</b>
	<b>Movement Analysis due 12/6/13 in class.</b>

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<b>Week 4</b>	<b>Quiz 1</b>