

**San José State University**  
**Kinesiology Department**  
**KIN 14B – Intermediate Volleyball, Section 03, Fall 2018**

**Course and Contact Information**

Instructor:	Michelle Ruban, M.A.
Office Location:	SPX 234
Email:	Michelle.ruban@sjsu.edu
Office Hours:	By appointment only
Class Days/Time:	Friday 10:30am-12:20pm
Classroom:	SPX 107A

**Canvas and MYSJSU Messaging**

*Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through Canvas and/or [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> to learn of any updates.*

**Course Description**

*This course provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions when using the 6-2 offense and the defense against the offense.*

*Prerequisite: Beginning level or its equivalent.*

**Course Learning Outcomes Goals (CLO)**

*Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exam*

- *Knowledge of fundamental skills and technique related to volleyball.*
- *Proficiency in execution of the skills taught.*
- *An understanding of history, rules, strategies, current research, safety and etiquette associated with volleyball.*
- *An understanding of the mental and physical health benefits to be derived from volleyball.*
- *An appropriate level of proficiency in personal health as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, agility, and mental health and clarity.*

## Activity Program Learning Outcomes (APLO)

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

1. Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
2. Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
3. Identify and/or explain the benefits of physical activity as related to physical and mental health.

## Required Texts/Readings

No text is 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.

## Other technology requirements / equipment / material

Knee pads (not required).

## Course Requirements and Assignments

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes/handouts) are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- There will be 3 quizzes during the semester as a way of meeting and assessing APLOs 2 and 3. The quizzes will cover content from the handouts posted on Canvas.
- Students are expected to complete 4 skills tests during the semester as one way of meeting and assessing APLO 1. Grading rubrics for the skills tests can be found on Canvas.
- Skills tests, quizzes, and the final exam cannot be made up (serious and compelling reasons considered – proof/evidence may be required).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted before the University's official deadline. No incomplete grades will be provided.
- Outings/assignments for another class cannot be counted for this course.

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

## Final Examination or Evaluation

The final exam will be on Canvas. It will be available on Canvas during the entire week of finals to be completed at your convenience. More details will be provided towards the end of the semester.

## Grading Information

20%	Participation - assessed through observation of skills and engagement in class activities (APLO 1)	20 points
10%	Skills Test #1 (APLO 1)	10 points
15%	Skills Test #2 (APLO 1)	15 points
15%	Skills Test #3 (APLO 1)	15 points
15%	Skills Test #4 (APLO 1)	15 points
15%	Quizzes -3 total @ 5% each (APLO 2&3)	15 points (5 pts each)
10%	Written Final Exam on Canvas (APLO 2 & 3)	10 points
<b>100%</b>		<b>100 points</b>

## Determination of Grades

*Grading Scale used to determine Final Course Grade.*

<i>Percentage</i>	<i>Equivalent Grade</i>
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

## Classroom Protocol

- *Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Regular active participation is essential to acquiring the course objectives. Arriving late, leaving early, use of cell phone during class time, and/or being disrespectful toward other classmates will negatively affect participation and may result in dismissal from class.*
- *Utilize cell phones only for emergency or if approved by instructor.*
- *Interactions with classmates and the instructor are expected to be RESPECTFUL at all times.*
- *Proper athletic attire is must be worn at all times (shorts, t-shirts/tank tops, leggings, athletic shoes). Students will not be allowed to participate if these instructions are not followed.*
- *Knee pads are suggested but not required.*
- *Students cannot bring friends to class.*
- *Please bring water/water bottle to class and a sweat towel (optional).*
- *Report any accidents/injuries to the instructor immediately.*
- *Recording class/Use of social media: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording. Use of social media during class time will be closely monitored and strongly prohibited.*

## 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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). 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/>.

### 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) website at <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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

**Note: 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) 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](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

### Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays **before the add deadline** at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

## KIN 14B – Intermediate Volleyball, Fall 2018 Course Schedule

\*\*\*subject to change with fair notice by announcement in class and/or email

Week	Dates	Course Content (Workouts, Assessments, Assignments, Exams, etc.)
1	8/24 Fri	Introduction to class content, policies, procedures. <b>Forearm Pass Handout.</b> Review forearm passing.
2	8/31 Fri	<b>Underhand Serve Handout, Float Serve Handout, Warm-up Handout, and Cool Down Handout.</b> Review underhand and overhand service. Skill practice.
3	9/7 Fri	<b>SKILLS TEST #1. Setting Handout.</b> Review overhead passing/setting. Skill practice.
4	9/14 Fri	<b>QUIZ #1</b> <b>Spike Handout and Tip Handout.</b> Review/introduce spiking/hitting/tipping. Skill practice.
5	9/21 Fri	Ball Control.
6	9/28 Fri	Volleyball court and game play (scoring). <b>Volleyball Rules Handout.</b>
7	10/5 Fri	<b>SKILLS TEST #2.</b> Positions and Switching.
8	10/12 Fri	<b>QUIZ #2</b> <b>Blocking Handout.</b> Introduction to blocking/offensive skills.
9	10/19 Fri	Offensive skills practice. Team strategies. Position selection.
10	10/26 Fri	Ball control revisited. <b>Health &amp; Skill Related Components of Fitness Handout. AHA Benefits of PA and ACSM Guidelines for PA Handout.</b>
11	11/2 Fri	<b>SKILLS TEST #3.</b> Tournament explanation, team selection, team practice, team strategizing.

12	11/9 Fri	<b>QUIZ #3</b> Begin tournament play.
13	11/16 Fri	Tournament play continued.
14	11/23 Fri	<b>No Class -- Thanksgiving!! Please read The New Science of Exercise Handout.</b>
15	11/30 Fri	Tournament play continued.
16	12/7 Fri	<b>SKILLS TEST #4.</b> Tournament play continued.
17	12/12 Wed through 12/18 Tues	<b>FINAL EXAM on Canvas</b> <b>available during entire finals week</b>