

**San José State University**  
**Kinesiology**  
**FALL 2018, KIN 14B, Intermediate Volleyball**

**Contact Information**

Instructor:	Dr. Richard Montgomery
Office Location:	SPX 173A
Telephone:	NA
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Office Hours:	7:00-7:30 MW or by appointment
Class Meetings & Location	SPX 107A
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 Description**

This course is designed to provide the participant with knowledge and skills commensurate with playing intermediate volleyball and improve the health related components of fitness through a variety of volleyball drills and play. Prerequisite: KIN 14A or equivalent experience.

**Course Content (skills)**

- Intermediate level volleyball skills including ball control, setting, serving, spiking, blocking, and defense.
- Intermediate level volleyball techniques, cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.
- Intermediate level volleyball drills and training techniques.

**Course Content (concepts/knowledge)**

- Writing a personal training program commensurate with intermediate volleyball knowledge.
- Intermediate principles and concepts of team strategies and training techniques such as defensive systems and offensive patterns.
- Physiological and psychological benefits from physical activity and the reduced risk of certain diseases and health issues.
- Intermediate level of 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 (d) current rules.

### **Activity Program Learning Outcomes**

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

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

### **Text/Readings**

Reading materials will be distributed in class and/or emailed to the student.

### **Course Notes**

- 1. Assignments received or completed late will receive a deduction of 2 points for each day late.**
- 2. A skill assessment must be taken in class at the time given and cannot be made up.**
- 3. A skill assessment is not pre announced and is given promptly at the beginning of 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 makeup results in the difference in a grade.**
- 6. All students must be dressed properly (see KIN policy) in order to participate in the activity.**
- 7. A skill assessment will only be recorded if the activity for that class period is also completed.**

8. In order to receive an A+ grade, you cannot include a makeup quiz.

9. 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.

### Course Requirements, Assignments, and Grading:

#### Evaluation

Skill evaluation/assessment – 10@6 points

Activity assignment – 3@ 5 points

Outside Assignment - 10 points

Final Assignment – 15 points

### Grading Scale used to determine final course grade.

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

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

August 22 – First Day of Class

Sept. 3 – Holiday (Veterans Day)

Nov 14 – Outside Assignment handed out in class

Nov. 21 – Non Instructional Day

Nov 28 – Outside Assignment due

Dec. 5 - Final Assignment handed out in class

Dec. 10 - Last day of class

Final Assignment due on regular scheduled final day/time (see details on Final Assignment hand out)

**University Policies**

Information pertaining to university programs and policies designed to facilitate student success are found here:

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