

**San José State University  
Department of Kinesiology  
KIN 14A, Beginning Volleyball, Fall 2015**

**Instructor:** Christian May

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**Office Hours:** Tuesday & Thursday 1:30-2:00pm or by appointment

**Class Days/Time:** Section 3 Tuesday & Thursday 2:30pm-3:20pm

**Classroom:** SPX 107A

**Course Description**

This course provides the student with the opportunity to learn and develop the basic rules and skills of volleyball, the 6-6 offense and the defense against the 6-6 offense.

**Course Goals and Student Learning Objectives**

The course goals and learning objectives include an introduction to team volleyball play. The student will be introduced to the rules and throughout the semester practice serving, forearm passing, and setting. Also, the student will be introduced to 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, setting, and serving.
- B. understand beginning 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 emailed to the student..

### **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 SPX 107A. 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 (3 @ 10%)	30%	A+ = 97-100	C+= 77-79
Skill Development	25%	A = 93-96	C = 73-76
Final Exam	10%	A- = 90-92	C- = 70-72
Final Exam	100%	B+ = 87-89	D+= 67-69
		B = 63-66	D = 63-66
		B- = 80-82	D- = 60-62
			F = 59 & below

## 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.

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### 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: Outings/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 14A Beginning Volleyball Fall 2015

(TENTATIVE SCHEDULE)

Week 1	Introduction to class policies and procedures, and forearm passing.	
Week 2		
Week 3		
Week 4		
Week 5	Forearm passing and underhand service.	
Week 6		
Week 7		
Week 8		
Week 9	Volleyball rules	
Week 10		
Week 11-14		
Week 15		
Week 5	Quiz 1	
Week 6		
Week 7		
Week 8		
Week 9	Overhead passing/ setting	
Week 10		
Week 11-14		
Week 15		
Week 6	Overhand service	
Week 7		
Week 8		
Week 9		
Week 10	Team rotation	
Week 11-14		
Week 15		
Week 15		
Week 11-14	Quiz 2	
Week 15		
Week 15		
Week 15		
Week 9	Court positioning	
Week 10		
Week 11-14		
Week 15		
Week 10	Team Strategies	
Week 11-14		
Week 15		
Week 15		
Week 11-14	Match play	
Week 15		
Week 15		
Week 15		
Week 15	Skills Assessment	
Week 15		
Week 15		
Week 15		
	<b>FINAL EXAM Monday 12/10/12 for M/W classes, and Thursday 12/6/12 classes during regular class time.</b>	
	<b>Movement Analysis Due Monday 12/10/12 for M/W classes and Thursday 12/6/12 for T/Th classes.</b>	