

San José State University
Kinesiology
Fall 2015, KIN 14A – Beginning Volleyball

Contact Information

Instructor:	Oscar Crespo
Office Location:	N/A
Telephone:	N/A
Email:	oscar.crespo@sjsu.edu
Office Hours:	By Appointment
Class Meetings & location	Section 1 – M/W – 12:30 PM TO 1:20 PM Section 2 – M/W – 1:30 TO 2:20 PM Section 6 – T/R – 1:30 PM TO 2:20 PM Section 7 – T/R – 2:30 PM TO 3:20 PM

ALL SECTIONS MEET IN SPX 107A

Course Description

This course provides the student with the opportunity to learn and develop the basic individual skills, playing rules of volleyball, offensive and defensive skills.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams:

- Knowledge of fundamental skills, technique, and rules of volleyball.
- Proficiency in execution of the skills covered.
- An understanding of the 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.
- A positive change in personal fitness as it relates to components such as muscular strength and endurance, body composition, balance, coordination, and agility.

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/sport 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

Course information will be discussed/distributed in class and or/emailed to the student

Course Notes

- Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Appropriate athletic clothing and court shoes are required. No street clothes.
- Attending classes in a timely manner. Excessive tardiness will not be tolerated and will affect grade accordingly.
- Written exams, skill assessments, and quizzes cannot be made up except under extenuating circumstances.
- Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements and Grading Policy

All Sections:

Performance quizzes (20 x 5 points each)	100 points	(50%)
Quizzes (2 quizzes – 10 points each)	20 points	(10%)
Final Quiz	20 points	(10%)
Skill assessments (2 assessments - 25 points each)	50 points	(25%)
Paper	<u>10 points</u>	<u>(5%)</u>
TOTAL points possible	200 points	(100%)

Tests:

- Multiple Choice and/or Short Answer.
- Quizzes and exam based on volleyball rules, strategies, and general play.

Assignments/Projects:

- **Paper (10 points)** – Write a 1-2 page paper on the history of volleyball.
** PAPER DUE NOV 23(M/W), NOV 24(T/R)
- **Skill assessments (25 points each)** will be conducted in class, one pre-assessment near the beginning of the semester and one post-assessment near the end. Assessments will test basic skills - passing, setting, serving, attacking - and will be graded on rate of success as well as form while performing the skill. **Skill assessments cannot be made-up.**
- **Performance quizzes** – Topic and question will be announced at the beginning of class and answer sheets will be collected at end of class. Instructions will be given within the first 15 minutes of class. Arrival after instructions have been given will result in a maximum score of 2 points. No performance quizzes will be handed out after 25 minutes past the start of class.

One performance & participation day can be made-up by completing one of the following. Must be turned in by the last day of class.

- 1) Watch a live or media broadcast volleyball game high school level or higher. Try and identify which type of offense one team is implementing, and describe one team's defensive alignment. Describe the perceived strengths and weaknesses of one of the teams you are observing. In a one to two page typed paper summarize your observations. Then clearly explain how you might implement some of the positive attributes of what you have learned into your own game.
- 2) Write a one to two page paper on the U.S. Men's and Women's National Team history at Olympic Games and World Championships. Examples of what should be included: coaching history, outcomes, notable players, etc.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Grading Scale used to determine letter grade for each component above.

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

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/. 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 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 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 at 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 (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>.

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

Week	KIN 14A Beginning Volleyball — FALL 2015
1/2	Aug 20 & 24 – Meet in SPX 107A, don't dress on 20 th & 24 th – Introduction to class policies and procedures. Passing and setting techniques / the court.
3	Aug 31 – Intro to hitting and serving / short court games.

Week	KIN 14A Beginning Volleyball – FALL 2015
4	Sep 7 – Skill assessment #1: Ball handling / short court games. (9/7 no class).
5	Sep 14 – Rules Quiz 1 /intro to setting / short court games / exchange.
6	Sep 21 – Rotating on the court & positions / exchange game.
7	Sep 28 – Defensive positioning, king/queen of the court.
8	Oct 5 – Offensive sets, defensive positioning, transition.
9	Oct 12 – Defensive strategies and positioning.
10	Oct 19 – Team serve receive (6 person).
11	Oct 26 – 6 on 6 drills / transition.
12	Nov 2 – Quiz 2 , 6 v 6 Tournament?
13	Nov 9 – 3 on 3 or 6 on 6 tournament. (11/11 no class).
14	Nov 16 – 6 on 6 match play.
15	Nov 23 – PAPER DUE , Reverse Coed rules and play. (11/26 no class).
16	Nov 30 – Match Play.
17	Dec 7 – Skill Assessment #2, Final & Make-up assignment due