

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

Contact Information

Instructor:	Sarah Wallace
Office Location:	N/A
Telephone:	N/A
Email:	sarah.wallace@sjsu.edu
Office Hours:	By Appointment
Class Meetings & location	Section 4 - Tuesday/Thursday — 11:30am - 12:20pm Section 5 - Tuesday/Thursday — 12:30pm - 1:20pm SPX 107A

Course Description

This course provides the student with the opportunity to learn and develop the basic rules and skills 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, posted on Canvas, 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 effect grade accordingly
- Written exams and quizzes cannot be made up
- Drop requests will not be accepted after the SJSU drop deadline

Course Requirements and Grading Policy -

Performance Quizzes (20 quizzes * 6 points)	120 points	(53%)
Quizzes (3 quizzes - 15 points each)	45 points	(20%)
Skill assessments (two assessments - 20 points per test)	40 points	(18%)
Paper	<u>20 points</u>	<u>(9%)</u>
TOTAL points possible	225 points	(100%)

Tests:

- Multiple Choice and/or Short Answer
- Quizzes and exam based on volleyball rules, strategies, general play, general health topics, and the relationship between physical activity and general health.

Assignments/Projects:

- **Paper (20 points)** - Write a 1-2 page paper on the history of volleyball.
**** PAPER DUE NOVEMBER 17**
- **Skill assessments (20 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 (6 points each)** — Topic and question will be announced, and instructions given, at the beginning of class and answer sheets will be collected at end of class. Arrival after instructions have been given will result in a maximum score of 3 points. **No performance quizzes will be handed out after 10 minutes past the start of class.**

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

- 1) Watch a live 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 team 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/late-drops/policy/) is available at <http://www.sjsu.edu/aars/policies/late-drops/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 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	August 20 - Don't dress - Introduction to class policies and procedures
2	Aug 25 - Warmup, Passing technique Aug 27 - Setting technique, intro to hitting and serving
3	Sept 1 - Skill assessment #1 Sept 3 - Volleyball rules, hitting and serving
4	Sept 8 - Rules Quiz /Ball control Sept 10 - Shuttle passing,
5	Sept 15 - One on one, serving game - Around the world Sept 17 - Short court games
6	Sept 22 - Transitioning, king/queen of the court Sept 24 - King/queen of the court
7	Sept 29 - Offensive sets, rotations Oct 1 - Defensive positioning
8	Oct 6 - Defensive strategies and positioning Oct 8 - 6 on 6 games
9	Oct 13 - Game Play Oct 15 -
10	Oct 20 - 6 on 6 drills Oct 22 -
11	Oct 27 - Quiz 2 , Oct 29 - Tournament
12	Nov 3 - Tournament Nov 5 -
13	Nov 10 - King/Queen of the Court, 6 on 6 match play Nov 12 -
14	Nov 17 - PAPER DUE , Reverse Coed rules and play Nov 19 -
15	Nov 24 - Match Play Nov 26 - Thanksgiving - No Class
16	Dec 1 - Skill Assessment #2, Make-up assignment due Dec 3 -

Week	KIN 14A Beginning Volleyball – Fall 2015
17	Dec 8 - Final quiz