

San José State University
Kinesiology
Fall 2017, KIN 14B, Intermediate Volleyball

Contact Information

Instructor: Michelle Watson, M. A.

Office Location: SPX 234

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Class Meetings & location: Friday 11:30am-
1:20pm SPX 107A

Office Hours: *Email me for appointment*

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 Goals and Student Learning Objectives

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

- Knowledge of fundamental skills, technique, strategies, and injury prevention related to volleyball.
- Proficiency in execution of the volleyball 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.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, 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

Instructor assigned readings/handouts will be distributed in class or via email.

Course Notes

- 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. 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.
- Proper athletic attire is must be worn at all times (shorts, t-shirts, leggings, athletic shoes). Kneed pads are suggested but not required. Students will not be allowed to participate if these instructions are not followed.
- Recording class: 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.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- 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.
- Report any accidents to the instructor immediately.
- Drop requests will not be accepted after the SJSU drop deadline.
- Exams/quizzes cannot be made up (serious and compelling problems considered).
- Course grades will be posted before the University's official deadline. No incomplete grades or extra credit will be provided.

Grading Plan

20%	Participation - assessed through observation of skills <i>and</i> engagement in class activities (APLO 1)	20 points
20%	Skills Test 1 (APLO 1)	20 points
20%	Skills Test 2 (APLO 1)	20 points
15%	Quizzes (APLO 2 & 3) (3 quizzes at 5% each)	15 points (5 pts each)
<u>25%</u>	<u>Written Final Exam (APLO 2 & 3)</u>	<u>25 points</u>
100%		100 points

Tests/Quizzes (cannot be made up except for serious and compelling reasons):

Written Exams and Quizzes will cover:

- Volleyball rules, principles, terminology, strategies, court layout, and general play
- Mental and physical health benefits to be derived from volleyball
- Techniques related to volleyball skills
- Injury prevention
- Volleyball and lifetime fitness

Skills Exams (cannot be made up except for serious and compelling reasons):

Skills Exams will cover execution of skills in the areas of:

- Passing
- Setting
- Spiking
- Serving

*One skill-test near the beginning of the semester and one skill-test near the end

*Skill tests will be graded on rate of success as well as technique while performing the skill

Grading Scale used to determine letter grade for each item listed in the Grading Plan and 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

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](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 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>.

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

Week	Date	Course Content (Lectures, Assignments, Exams/Quizzes)
1	8/25	Introduction to class content, policies, procedures Review forearm passing. Skill practice.
2	9/1	Review underhand and overhand service. Skill practice.
3	9/8	Review overhead passing/setting. Skill practice. Review/introduce spiking/hitting. Skill practice.
4	9/15	Quiz #1 Skills Test 1
5	9/22	Ball control.
6	9/29	Volleyball court and game play (scoring).
7	10/6	Positions and switching (rotations).
8	10/13	Quiz #2 Introduction to blocking/offensive skills.
9	10/20	Offensive skills practice/Team strategies.
10	10/27	Ball control revisited.
11	11/3	Quiz #3 Tournament explanation, team selection, team practice, team strategizing.
12	11/17	Begin tournament play/Skill practice.
13	11/24	NO CLASS – Thanksgiving Break
14	12/1	Skills Test 2 Tournament play continued.
15	12/8	WRITTEN FINAL EXAM (during last class meeting)