

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 14C Advanced Volleyball**

**Contact Information**

Instructor:	Oscar Crespo
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Office Hours:	12:30 PM to 1:30 PM Tuesday and Thursday
Class Meetings & location	SEC. 01 MEETS M/W 12:30 PM to 1:20 PM SPX 107B
Prerequisites:	Recommended KIN 14A and 14B

**Course Description**

This course is designed to teach advanced skills, principles, and techniques necessary and fundamental to understanding and playing volleyball.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your MySJSU username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills assessments, performance quizzes and written exams:

- Knowledge of fundamental skills, technique, related to the sport of volleyball.
- Proficiency in execution of the sport of volleyball skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with sport of volleyball.
- An understanding of the mental and physical health benefits to be derived from the sport of 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

- Any outside reading, assignments will be posted on Canvas and discussed in class.

## Course Notes

- **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.**
- Class protocol: 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.
- 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.
- Attire: Proper athletic attire should be worn during class participation; athletic shoes, shorts, t-shirt or see KIN policy. Other equipment to consider are kneepads but not required.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.
- 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. Attending classes in a timely manner is a beneficial. Excessive tardiness will not be tolerated and will affect grade accordingly due to missed performance quizzes and skill assessments.

## Course Requirements, Assignments, and Grading

### Tests

- Multiple choice, true false and/or short answer.
- Tests are based on volleyball rules, strategies, court layout and general play, items discussed in class, etc.

### Final

- Will consist of items covered in tests, performance quizzes and class lectures, etc.

### Assignments/Projects

- **Paper (15 points)** – Write a 2 page paper on the history and rules of the sport of volleyball, be specific, where was it first played and who was its inventor. Give a history of its development and describe how the game has changed since its creation. Describe the rules of the game as it is currently played.
- **4 Skill assessments (30 points total)** – SA 1 & 2 worth 5 points each, SA 3 & 4 worth 10 points each. Assessments will test core skills – passing, setting, serving, arm swing & approach – and will be graded on rate of success as well as form while performing the skill. **Skill assessments cannot be made-up and must be taken in class.**
- **10 Participation/Performance quizzes (10 points each)** – Topic and questions will be announced at the beginning of class and quiz will be taken at the end of class. Instructions will be given within the first 15 minutes of class. Arrival after instructions have been given (15 minutes or later) will result in a maximum score of 5 points. If arrival to class is 25 minutes past the start of class the quiz result will be zero points for that quiz. Performance Quizzes will be unannounced, pop quizzes, in-class on line assignments, discussion/activity, etc.

**Only ONE performance quiz can be made-up by completing one of the following and must be turned in by the last regular day of class of the semester.**

- 1) Watch a live or media broadcast volleyball game high school level or higher. In a one to two page typed paper summarize your observations. Try and identify which type of offense one team is implementing, and describe one teams defensive alignment. Describe the perceived strengths and weaknesses of one of the team you are observing. 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.

### Grading

- Will consist of 10 Participation/Performance Quizzes, 3 scheduled Tests, 1 written Paper, a Final and 4 Skill Assessments.
- Tests, paper and assignments received or completed late will receive a deduction of 2 points for each meeting day late. Skill Assessments must be completed on date given and during class meeting time.

- In order to receive an A+ grade you cannot include a make-up Participation/Performance Quiz. Only one Participation/Performance Quiz may be made-up.

## Grading Plan

### All Sections

10 Participation/Performance quizzes, unannounced (10 @ 10 points)	100 points	(50%)
4 Skill Assessments (2 @ 5 points/2 @ 10 points)	30 points	(15%)
3 Written Tests (1 @ 10 points & 2 @ 15 points)	40 points	(20%)
1 Written Final	15 points	(7.5%)
1 Paper	<u>15 points</u>	<u>(7.5%)</u>
TOTAL points possible	200 points	(100%)

65% Skill (Participation/Performance Quizzes, Skill Assessments)

35% Knowledge (Tests, Final, Paper)

## 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

## University Policies

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

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

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

Week	KIN 14C Advance Volleyball — Spring 2022
WEEK 1	First class meetings. Review Syllabus & signature form, Liability release form. Class structure.
WEEK 2	Review via Zoom meeting all asynchronous class assignments; Paper, Test1, Skill file, Court boundary lines and nomenclature.
WEEK 3	Monday 2/7 last day to drop. Continue with asynchronous class assignments.
WEEK 4	Monday 2/14 last day to add. Classes scheduled to meet in person. Passing & setting, ball control. Postures, the platform & window. 6v6 game play. Rotation 5 & 6. Overlap rules. <b>Paper due on W 2/16.</b>
WEEK 5	Arm swig, skill development. Rotation 5 & 6. <b>Test 1 on M 2/21.</b>
WEEK 6	Skill development. Setting and serving. Rotation 1. <b>Skill Assessment 1 on Passing W 3/2.</b> Form tournament teams.
WEEK 7	Attacking, transition, offense and sets. Rotation 1 & 2. Tournament.
WEEK 8	Skill development. Serves & jump float. <b>Test 2 on W 3/16.</b> Tournament.
WEEK 9	Rotation 3. Pepper, run-throughs, defense. Tournament. <b>Skill Assessment 2 on Setting M 3/21.</b>
WEEK 10	Spring recess.
WEEK 11	Skill work. The approach, spike & down ball. Self-toss. Rotation 4. Tournament.
WEEK12	Approach, defense, block & digging. <b>Skill Assessment 3 on passing &amp; serving W 4/13.</b>
WEEK 13	Skill work, game play, ball control.
WEEK 14	Spike, approach timing and arm swing sequence. <b>Test 3 on M 4/25.</b>
WEEK 15	Skill work. <b>Skill Assessment 4 on approach &amp; attack W 5/4.</b>
WEEK 16	Skill development. <b>All PQ makeups due.</b>

Week	KIN 14C Advance Volleyball — Spring 2022
WEEK 17 & 18	Monday 5/16 last day of instruction. <b>Finals start on W 5/18 and end Tu 5/24.</b> <b>Finals schedule for KIN 14C:</b> <b>14C-01 Monday 5/23.</b>

**NOTES:**