

## **COURSE SYLLABUS**

DEPARTMENT: Physical & Health Education  
COURSE TITLE: Volleyball –Team Sport  
SECTION NAME: PHED 1134.14  
START DATE: January 11, 2011  
END DATE: May 10, 2011  
MODALITY: Face-to-Face  
CREDITS: 1

### **INSTRUCTOR INFORMATION**

NAME: Alana Rowland  
OC EMAIL: [arowland@odessa.edu](mailto:arowland@odessa.edu)  
OC PHONE #: 432-335-6447  
OFFICE: Sports Center 204A  
OFFICE HOURS: Monday-Friday (times vary, see office door)

### **COURSE DESCRIPTION:**

Presents rules of the sport while emphasizing individual and team fundamentals. The class teaches individuals how to contribute to a group effort and how to recognize specific volleyball problems and devise strategies to overcome those problems. In addition, participants are encouraged to set individual and team goals and exert effort necessary to accomplish those goals. Lab fee required.

### **SCANS:**

5, 9, 10

### **LEARNING OUTCOMES:**

To demonstrate competency in the sport of volleyball and put into practice the techniques of various individual and team skills. The student must be able to:

- Recognize and perform the basic principles of passing, setting, hitting, blocking, and jumping.
- Demonstrate knowledge and take precautions while performing various volleyball skills.
- Development of volleyball specific techniques.

To demonstrate competency in the sport of volleyball and to improve flexibility, endurance and strength. The student must be able to:

- Improve muscle memory: ability to recognize specific situations and repeat skills/movements.
- Improvement of neuromuscular coordination: precise control and placement of body parts.

To demonstrate competency in the sport of volleyball will enhance general well-being and health. The student must be able to:

- Improve overall chemistry of individual & team.
- Improvement of self-esteem; physically and mentally.
- Integration of critical thinking skills through teamwork; reading and written assignments that will enhance experiential concepts.

### **ATTENDANCE POLICY:**

Your attendance is the greatest predicator of your success. It is important that you attend every class and event – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that will be accepted are college-sponsored activities, anticipated absences and medical

emergencies. It is your responsibility to contact the instructor before class begins. Anyone leaving class, practices or events early without the instructor's permission will be counted absent for the entire class.

DAYS/WEEK  
CLASS MEETS  
2

# IF UNEXCUSED  
ABSENCES ALLOWED  
2

10 POINT  
DEDUCTION FOR EVERY  
3rd absence

**ACADEMIC ETHICS:**

All work is to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. The questioned material or situation and a report of the violation will be submitted to the department chair for further action as deemed necessary by the department chair.

Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Board policies. Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. Academic policies on Student Disciplinary Procedures and Complaint/Grievance Policy are found in the OC Student Handbook at <http://www.odessa.edu/dept/studenthandbook/handbook.pdf>

**REQUIRED READING TEXT:**

None

**COURSE UPDATES:**

The student is responsible for checking the syllabus and calendars for changes.

**COURSE REQUIREMENTS:**

There is no text required for the class therefore attendance and participation in the activity is very important. However, appropriate volleyball specific exercise clothing and shoes are required.

**TOPIC/OVERVIEW:** This semester focuses on:

The ability to understand and put into practice the techniques of various volleyball team and individual skills:

**EVALUATION:** Based on attendance & participation. The student will maintain and improve volleyball specific skills, flexibility, endurance and overall strength.

<b>Agenda</b>	<b>Type</b>	<b>Description</b>	<b>Due*</b>
<b>Week 1</b>	Introduction Pre Assessments	Review of volleyball specific skills Evaluate overall athletic performance Assessments	1-11-11
<b>Week 2</b>	Activity	Continue assessments and evaluations	1-17-11
<b>Week 3</b>	Activity	Breakdown of individual volleyball skills	1-24-11

<b>Week 4</b>	Activity	Team Concepts	1-31-11
<b>Week 5</b>	Activity	Review Individual Skills and Quiz	2-7-11
<b>Week 6</b>	Activity	More Team Concepts	2-14-11
<b>Week 7</b>	Activity	Team “Fun” games	2-21-11
<b>Week 8</b>	Activity	Prepare for Skills Test/Quiz	2-28-11
<b>Week 9</b>	Activity	Scrimmages	3-7-11
<b>Week 10</b>	Activity	Spring Break – No Classes	3-14-11
<b>Week 11</b>	Activity	Scrimmages	3-21-11
<b>Week 12</b>	Activity	More Team Concepts	3-28-11
<b>Week 13</b>	Activity	Prepare for Quiz #3	4-4-11
<b>Week 14</b>	Activity	Team Concepts	4-18-11
<b>Week 15</b>	Activity	Prepare for Final Skills Test/Quiz #4	4-28-11
<b>Week 16</b>	Activity	Post Assessment Workouts/Final Exam, individual meetings	5-2-11

### **INSTRUCTIONAL MATERIALS:**

- A. Visual presentations by the instructor
- B. Group discussions/feedback
- C. Videos / DVDs may be used to facilitate instruction

### **SUMMARY OF ASSIGNMENTS & ACTIVITIES:**

\*Note: The due dates are subject to change.

Attendance – 5 pts per day	=	50 points
Quiz – 4 quizzes x 20 pts	=	80 points
Water Project x 25 pts	=	25 points
Nutrition Project x 50 pts	=	50 points
Pre & Post Assessments x 10 pts	=	20 points
Midterm Test x 100 pts	=	100 points
Final Exam x 100 pts	=	100 points

### **GRADING POLICY:**

Late assignments receive a 5% deduction for each day they are late if assignments are not posted by 11:59p.m., central on the day they are due. Assignments more than 5 days late will not be accepted. Technological issues will not be considered as valid grounds for late assignment submission. In the event of a server outage, students should submit assignments to the instructor.

**METHOD OF EVALUATION:**

TOTAL POINTS 500

Throughout a combination of physical activity during team practices & workouts your ability to meet the course objectives will be evaluated. Each team member is required to be present at all games and events.

A = 450-500

C = 350-399

F = 0-299

B = 400-449

D = 300-349

**IMPORTANT COURSE DATES:****SPRING 2011**

First Class Day	Tuesday, January 18
Last Day to Add a class	Friday, January 21
Last Day to Drop or Withdraw with a 'W'	Thursday, April 14
Spring Break (No Classes)	March 14-20
Last Class Day	May 7
Final Exams	May 9-12

**PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS:**

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues pertaining to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at 432-335-6861 to request assistance and accommodations.

**STUDENT E-MAIL:**

Please access your Odessa College Student E-mail, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

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**TECHNICAL SUPPORT:**

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www/odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www/odessa.edu/dept/ssc/helpdesk_form.htm).

**IMPORTANT SCHOOL POLICIES:**

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students and instructors' right to academic freedom can be found in the Odessa College Student Handbook.