

Course Syllabus

Department : Physical & Health Education
Course Title : Volleyball
Section # : PHED1134_12**Day: TTH****Time: 11:00am-12:20pm**
Start Date : January 22th, 2013
End Date : May 17th, 2013
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Kristi Gray
OC Email : kgray@odessa.edu
OC Phone # : 335-6447
Office : 204A - Sports Center

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.

Prerequisites/Co requisites None

Scans

5, 9, 10

Course Objectives

Upon completion of this course, students should be able to:

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.
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CLASS ATTENDANCE POLICY

It is important that you attend every class. Every class period is worth 5 points for attendance. You earn 5 points for every day you are in class, and you lose 5 points for every day you are absent. (5 points doesn't seem like a lot, but it will add up quickly if you don't attend class.)

Excused absences are for college-sponsored activities and family or medical emergencies. (You must show proof of doctor's note.)

Being late to class is an extreme annoyance to the entire class. If you arrive AFTER I have already taken roll, you are responsible for checking with me AFTER class ends to get HALF attendance credit. Your 2.5 points of attendance for that day is YOUR responsibility - otherwise, it will stay down as an absence and you will lose the entire 5 points for that day.

***** Current Odessa College ID is required to enter the sports center!! If you do not have your ID with you, the front desk WILL NOT let you in the building. This is NOT an excused absence. Be responsible and have your ID on you every morning. *****

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- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: http://www.wranglersports.com/fac-serv/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Required Readings/Materials

a) You must purchase the following **required** readings/materials: N/A

b) You are encouraged to buy the following *optional* books/materials:

N/A

Course Requirements (Lectures, Assignments and Assessments)

The student is required to wear proper exercise/sport attire; workout shorts, pants, tshirt and tennis shoes. (No sandals or jeans.)

Pre & Post Test Assessments = 50 points (25 pts each)

Attendance = 150 points (5 pts a day x 30 class periods)

5 Quiz = 100 points

Final Exam = 100 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	In Class	Pre Test Assessments	Jan. 22 nd & 24 th
Week 2	In Class	Pre Skills Tests	Jan. 29 th & 31 st
Week 3	In Class	Introduce Passing & Setting Skills	Feb. 5 th & 7 th
Week 4	In Class	Introduce Serving Skills & Quiz #1	Feb. 12 th & 14 th
Week 5	In Class	Introduce Spiking Skills	Feb. 19 th & 21 st
Week 6	In Class	Introduce team drills & Quiz #2	Feb. 26 th &28 th
Week 7	In Class	Continue team drills& Quiz #3	Ongoing
Week 8	In Class	Spring Break	Mar. 11-15 th
Week 9	In Class	Team Scrimmages	Mar. 19 th & 21 st
Week 10	In Class	Team Scrimmages/ Tournaments	On going
Week 11	In Class	Skills Challenges/Contests & Quiz #4	Apr. 2 nd & 4 th
Week 12	In Class	Skills Challenges	Apr. 9 th & 11 th

Week 13	In Class	Skills Challenges & Team Scrimmages & Quiz #5	Apr. 16 th &18 th
Week 14	In Class	Post Test Assessments & Skills Assessments	April 23 rd & 25 th
Week 15	In Class	Team Championship	April 30 th & May 2 nd
Week 16	In Class	Review for Final Exam	May 7 th & 10 th

Grading Policy

Grade	Points	Percentage %
A	360-400 points	(90 -100%)
B	320-359 points	(80-89%)
C	280-319 points	(70-79%)
D	240-279 points	(60-69%)
F	239 or less points	Below 60%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

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.**

Student Portal

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.**

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.

Important School Policies

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