

Course Syllabus

Department : Physical & Health Education
Course Title : Volleyball
Section # : PHED 1134_12 **Day: TTH Time: 9:30am-10:50am**
Start Date : August 23, 2011
End Date : December 9, 2011
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Alana Rowland
OC Email : arowland@odessa.edu
OC Phone # : 335-6447
Office : 204A

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 – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**

- **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/>

Insert Here – Any Course Specific Information the Instructor Requires

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

COURSE UPDATES

The student is responsible for checking the syllabus online for updates may occur as needed.

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)

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

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

Water Project = 50 points

5 Quiz = 50 points

Final Exam = 100 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	In Class	Pre Test Assessments	8-25
Week 2	In Class	Pre Skills Tests	9-1
Week 3	In Class	Introduce Passing & Setting Skills	9-8
Week 4	In Class	Introduce Serving Skills & Quiz #1	9-15
Week 5	In Class	Introduce Spiking Skills	9-22
Week 6	In Class	Introduce team drills & Quiz #2	9-29
Week 7	In Class	Continue team drills	10-6
Week 8	In Class	Continue team drills & Quiz #3	10-13
Week 9	In Class	Review all drills (midterm) – Water Project	10-20
Week 10	In Class	Team Scrimmages/Tournaments	10-27
Week 11	In Class	Team Scrimmages/ Tournaments	On going

Week 12	In Class	Skills Challenges/Contests & Quiz #4	11-10
Week 13	In Class	Skills Challenges	11-17
Week 14	In Class	Skills Challenges & Team Scrimmages & Quiz #5	11-24
Week 15	In Class	Post Test Assessments & Skills Assessments	12-1
Week 16	In Class	Review for Final Exam & Team Championship	12-8

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](#).