



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 129 ADVANCED VOLLEYBALL, CO-ED

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CONTACT HOURS: Five hours of instruction per week

COURSE DESCRIPTION: The purpose of this course is to acquaint students with the techniques and basic skills for the game and rules and regulations which govern play.

LIST OF REQUIRED TEXTS: None

Student Learning Outcomes: Upon completion of this course students will have the knowledge and skills necessary to participate in the game of volleyball. Emphasis is placed on the basic skills of: passing, setting, serving, blocking, spiking and digging. The history of volleyball, rules of the game and safety guidelines will be stressed.

Students will:

- Demonstrate knowledge of the volleyball rules.
- Demonstrate correct usage of the basic volleyball skills of passing, setting, serving, blocking, spiking and digging.
- Demonstrate knowledge of the safety rules of volleyball while participating in a game.
- Demonstrate good sportsmanship while participating in a game of volleyball.

COURSE OVERVIEW: The following content will be addressed:

- Safety Procedures
- Skills: Set, Pass, Spike, Block, Serve,
- Official rules
- Rules of Etiquette
- Physical Conditioning

GRADING: The following will be used to calculate your grade:

Participation
Skills
Final Exam

Evaluation Procedures:

Participation

100 points



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Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absence. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 5th class, the attendance portion of the grade will be at the level of a "D" grade. On the 6th absence the student will receive an "F". It is the responsibility of the student to drop the class if they fall below passing status according to these guidelines.

If a student needs to miss a class for reasons that are excusable (examples of excused absences include illnesses confirmed by a doctor, family emergency, college-sponsored event, court duties or job interviews) that student is responsible for making up the class at a time and place that is agreed upon by the instructor, only one make up is allowed. All excused absences need to be communicated to the instructor *prior* to or immediately following the date that the student will be/is absent. It is the responsibility of the student to inform the instructor prior to the date of the class that she/he will not be present and to initiate a make up day. Should the class not be made up within a one week time period, the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed.

Dress and Equipment: Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), absolutely no bare feet or sandals allowed to participate or reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.). No spaghetti strap tank tops or mid drifts exposed. If you choose not to dress in appropriate attire, you will not be allowed to participate and you will be given an unexcused absence for the day. It is strongly recommended that no jewelry be worn to class.

Absolutely no food or drink allowed in the gym area.

Locker rooms: Students are encouraged to secure their items in a locker by bringing a lock and placing it on a locker in the locker room. Please keep in mind that the locker rooms are NOT supervised and you should be diligent in keeping your belongings locked up. After the semester it is your responsibility to remove your lock and personal items from the locker. After the end of the semester the lockers are cleaned out and left items are discarded.

Safety: If you are injured during class please notify the instructor immediately.

Recommended Reading:

Volleyball – Mastering the Basics with the Personalized Sports Instruction System.

Jon Poole – Michael Metzler Copyright 2007 Allyn & Bacon

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REVISION DATE: 05/13