



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### COURSE SYLLABUS: PE 129 ADVANCED VOLLEYBALL

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**CONTACT HOURS:** Two 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  
Instructor observations  
Final exam

**Evaluation Procedures:**

Final Exam	50 points
Participation	150 points

**Grading Scale:**

<i>Average</i>	<i>Points</i>	<i>Grade</i>
190-200	180-200	A
180-189	160-179	B
170-179	140-159	C
160-169	120-139	D
>159	>119	F



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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 absences. 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. And so on. Should a student miss a 7<sup>th</sup> class unexcused he/she will receive an F for the semester. Tardies are counted; after 2 they become an absence.

Examples of EXCUSABLE absences that are allowed be made up:

- illnesses confirmed by a doctor
- court duties

That student is responsible for making up the excused absence at a time and place that is set by the instructor, up to two make ups only. 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 *two week time period*, the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed. Attendance is taken at the beginning and end of each class session.

#### 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) no bare feet allowed
- Reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).
- No spaghetti strap tank tops or mid drifts exposed.
- One warning for inappropriate dress will result in student not being allowed to participate in class and receiving an unexcused absence for that day.
- You are advised to not wear jewelry to class



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#### Rules and Procedures:

Students may bring their own lock and secure a locker in the designated locker rooms for the semester. Lockers must be cleared out following this Fall Semester by Dec.7. Do not bring backpacks or personal items into the gym playing area, use a locker. Do not bring food or drinks into the gym, water in sport type plastic bottles is acceptable.

If you are injured during class, notify the instructor immediately.

#### Recommended Reading:

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

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