

Los Angeles Mission College
Department of Physical Education and Health

Course Syllabus

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Office HFAC 103A

Office Hours: Mon 7-8:30 or by appointment

Title of course

Athletics Pre-Season Conditioning Volleyball (KIN ATH 552)

This class will meet Monday & Wednesday from 4-:45pm in the gym of the HFAC building

Course Description

This course is designed to improve and maintain the fitness condition of the athlete in preparation for the competitive season of play. It encompasses the mental aspects of sport performance, sport regulation and eligibility standards. This class will include various volleyball related aerobic and anaerobic activities to enhance conditioning. Technical, Tactical, and Functional training, will be included to develop college level understanding and efficiency. Individual biomechanical training will be heavily emphasized.

Student Learning Outcome

1. Students-Athletes will show improvement in their athletic conditioning level by applying sound training principles and dietary concepts recommended by professionals in the physical education discipline.
2. Students-Athletes will show improvement in speed, power, agility, flexibility, body composition, aerobic and anaerobic conditioning as it applies to their sport.

Course Objective

At the conclusion of the course, the student will:

1. Be able to compete in a volleyball match at a vigorous and sustained level of intensity for 60 minutes or longer.
2. Be knowledgeable of techniques which are effective for improving efficiency in the game of volleyball.

3. Demonstrate the elements of physical fitness in regards to volleyball, e.g., flexibility, cardiovascular endurance, speed, power and body composition.

4. Have an understanding of the roles and responsibilities of the following defensive systems; rotation, perimeter, off blocker and the offensive systems of a 6-2 and 5-1.

Grading Procedures

A 90-100% 358-400

B 80-89% 318-357

C 70-79% 278-317

D 60-69% 238-277

F 0-59% 001-237

1. 25% of grade – Improvement 100 pts. (Based on pre/post technique test)

2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

Participation:

10 points = full participation per class.

8-9 points = most, but not all are demonstrated

6-7 points = some are demonstrated

4-5 points awarded if few are demonstrated

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately. Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.

Wavier Forms

The wavier forms can be downloaded from

<http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

SPECIAL ACCOMMODATIONS

If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all

possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

Warm-ups

All class meetings will begin with warm up drills. There will be no play without participating in these warm up activities.

Cell Phones

Yes, you know the drill...turn them off and PLEASE no texting during class.

Be Punctual

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

Class Attendance

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Games and tournaments will be disrupted if students have erratic attendance.

Equipment

1. Proper shoes are required (Running shoes and soccer cleats)
2. Towel
3. Bottle of water

Dress Code

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

Gym Policies

1. Please do not bring guests or children.
2. Only clean exercise shoes are to be worn on the gym floor.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. Replace all gym weights and equipment after use.
5. Gym bags or backpacks are not allowed in the weight room.

6. If you feel dizzy or sick stop working and please notify the instructor. To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling.

Tentative Course Schedule:

We will meet from 415-645pm every Monday and Wednesday unless it is changed on this schedule.