



SYLLABUS

P.E.322 Volleyball Skills

Instructor: Dorothy Teola

SPRING 2014

Meeting: Monday HFAC Gym 7:00 pm-9:00 pm

E-mail: teoladv@lamission.edu: office: 364-7600x4263

Office hours: Monday 9:00pm-9:20pm or by appointment HFAC 103

Student Learning Objectives:

- Students will be able to perform the basic skills of passing, spiking and serving.
- Students will be engaged in play that respects the rules and etiquette described by the US. Volleyball Association.
- Students will recognize terminology specific to the sport of volleyball
- Students will improve fitness levels by participating in volleyball drills and play.

Course Objectives:

This course is designed to teach the sport of volleyball. This course acquaints the individual with the rules, skills, and strategy of playing volleyball. Special emphasis is placed on passing, setting, hitting, blocking, and defensive skills. Competitive offensive and defensive strategies are introduced.

Grading

Participation: 26 points/2 points per meeting. 1 point deducted for a tardy of 15 minutes to 30. Over 30 minutes 2 points deducted.

Midterm: 26 points. (Written exam/multiple choice)
Rules, court dimensions & areas

Final: 32 points (written exam/multiple choice)
Rules & regulations, court dimensions & areas; & etiquette.

Skills Test: 16 points (passing, serving, setting, blocking)
4 points per skill.

- 4 points- great execution of body in relation to the ball and target; good ball control; 5/5x accuracy
- 3 points- good skills, good knowledge of body and execution of the skill; 4/5x accuracy
- 2 points- attempts to do the skill; knows how the skill is done but can't seem to perform, 3/5x accuracy
- 1 point- hard time performing the skill, 1-2/5x accuracy

Skills tests will be evaluated during specified class times. Skills will be evaluated at the beginning of the semester and the end. Grading will be objective based upon students' skill development.

Final Grading:

- A 90-100
- B 80-89
- C 70-79

- D 60-69
- F 59 and less

Important Dates

April 7 th - April 13 th	Spring Break
April 14	Midterm
May 19 th	Fitness Post-Assessment
June 9 th	FINAL EXAM (Gymnasium) TBA

No make ups for missed exams, there will be opportunity to make up missed classes and/or tardies. Please speak to the instructor about missed classes.

Students are required to be dressed in exercise clothing (gym shorts, T shirt, and rubber-soled shoes, warm –up sweats). No street clothing allowed.

ADD-DROP Policy: It is the student’s responsibility to follow proper procedures to ensure that they add/drop this PE class correctly. It is not the instructor’s responsibility ...if the student decides to stop attending the class. Check drop deadlines at admissions.

Here are some additional resources on campus that you may find helpful:

LAMC Bookstore: 818-364-7798/818-364-7768;

<http://www.lamissionbookstore.com/>

Counseling Department: 818-364-7655; <http://www.lamission.edu/counseling/>

Disabled Students Programs and Services: 818-364-7732:

<http://www.lamission.edu/dsps/>

Extended Opportunity Programs & Services: 818-364-7645:

<http://www.lamission.edu/eops/>

Financial Aid: 818-364-7648: <http://www.lamission.edu/financialaid>

Library: 818-364-7105 or 364-7106; <http://www.lamission.edu/library/>

HEALTH