**Physical Education Department** Instructor:  Sarah Hayes, C.S.C.S.

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**Volleyball:  PHED 139a**

**Course Description:**

An introductory volleyball class emphasizing the development of beginning volleyball skills in each aspect of the game: passing, setting, hitting, blocking, digging and serving. To become knowledgeable of the rules of the game, tactics and various offensive/defensive strategies. One Academic Unit Of Credit, No Prerequisite

**Course Objectives:**

1. 1. To improve each student’s basic skills required to play volleyball: pass, set, hit, block, dig, and serve.
2. 2. To introduce the students to the rules, scoring, and understanding of volleyball.
3. 3. To learn and apply the various offenses and defenses used in volleyball: 4-2/6-2/5-1 Offenses and

Perimeter defenses.

1. 4. To offer each student an opportunity to apply their skill and knowledge in actual match play.
2. 5. To promote participation in volleyball as a lifetime sport.
3. 6. To provide each student with information about how to get involved and play in amateur tournaments.
4. 7. To develop the student’s fundamental skills and knowledge of indoor volleyball.

**Physical Education Program Objectives:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

* Define the various health components of fitness.
* Recognize the physical and mental benefits of increased activity.
* Determine factors involved with development, fitness levels and training strategies.

**Students will be exposed to a variety of activities providing them the opportunity to:**

* Apply learned fundamental skills.
* Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
* Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

* Understand and utilize various training methods.
* Assess individual levels of fitness components.
* Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
* Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Evaluation Criteria:**

Cognitive:  50% Midterm – 20%

Final Exam – 25%

Observation, Analyze & Evaluate USC VB Match – 5%

Psychomotor:  50% Participation – 30% – Attend, arrive on time, and participate in class activities for entire class period.

Skill Assessment – 20% – Improvement from the beginning to the end of the semester, i.e. passing, setting, serving, attacking, transitioning, defense, offense.

**Textbook:**

Kluka, D. and Dunn, Jr. P. (2000) Volleyball, 4th Ed. McGraw-Hill Co.

**Participation / Performance:**

Timely and consistent attendance is imperative in order to improve overall physical fitness and to acquire supplemental course information. Arriving late and leaving class early will affect the participation portion of the grade. In case of absence, you will be held accountable for all work missed. Failure to attend class **will impact** your final grade.

**Equipment & Locker Room:**

Please dress in appropriate workout attire (athletic clothes, shoes, knee pads – optional), and bring water, towel, notebook and pen/pencil.  **USC Physical Education is NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building.**

**Academic Accommodations:**

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. S Campus, the Student Guidebook, ([www.usc.edu/scampus](http://www.usc.edu/scampus) or [http://scampus.usc.edu](http://scampus.usc.edu/)) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting academic accommodations based on a disability are required to register with Disability Service and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

**Statement on Academic Conduct and Support Systems**

**Academic Conduct**

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in Campus in Section 11, Behavior Violating University Standardshttps://scampus.usc.edu/1100-behavior- violating university-standards-and-appropriate-sanctions/. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, http://policy.usc.edu/scientificmisconduct/.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the Office of Equity and Diversity http://equity.usc.edu/ or to the Department of Public Safety http://capsnet.usc.edu/department/department-public-safety/online-forms/contactus. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. The Center for Women and Men http://www.usc.edu/student-affairs/cwm/ provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

**Support Systems**

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the American Language Institute http://dornsife.usc.edu/ali, which sponsors courses and workshops specifically for international graduate students. The Office of Disability Services and Programs

http://sait.usc.edu/academicsupport/centerprograms/dsp/home\_index.htmlprovides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, USC Emergency Information http://emergency.usc.edu/will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

**USC VOLLEYBALL**

**COURSE CONTENT & SCHEDULE**

WEEK 1 Course Instruction / Fundamental Instruction of the Basic Volleyball Skills WEEK 2 History and Rules of Volleyball (Chapters 1,2) 6-6 Offense and W Serve Receive (Chapter 8)WEEK 3 Overhead Passing (Chapter 5) Passing and Serving (Chapter 6) ***\*The last week to change grading option (Letter Grade, P/NP, Audit).***

WEEK 4 Hitting/ 4-2 Offense (Chapter 8, 10) International 4-2 Offense/ 5 Person Serve Receive (Chapter 8, 10)WEEK 5 Perimeter Defense **Observation, Analyze & Evaluate USC VB Match Assigned – due Week 7.**

WEEK 6 Free Ball Transition (Chapter 10) Down Ball Transition (Chapter 10)WEEK 7 Blocking/Blocking Technique Drills (Chapter 7) \***Observation, Analyze & Evaluate USC VB Match Assignment due.**

\****Last week to drop without a “W” and to switch a pass/no pass status to a letter grade.***

WEEK 8 Midterm Review/PLAY **\*MIDTERM EXAM**

WEEK 9 How to Dig the Hard Driven Ball (Chapter 9) Back Setting (Chapter 10) WEEK 10 Multiple Offenses 5-1 (Chapter 9) 6-2 Offense (Chapter 10)WEEK 11 Hitter Coverage (Chapter 10) Jump Serve/Serving Strategy (Chapter 6)WEEK 12 Tournament Play ***\*The last week to drop with a “W” on permanent record.***

WEEK 13 Tournament Play WEEK 14 Review of All Skills

\*SKILLS REVIEW

WEEK 15 Final Review/ PLAY **\*FINAL EXAM – last day of class**