

PHED 139A – Volleyball

Instructor: Sarah Hayes McGill, C.S.C.S
Office: PED 107 – by appointment

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Class Meeting Location: PED 210 / South Gym (2nd floor)

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. To improve each student's basic skills required to play volleyball: pass, set, hit, block, dig, and serve.
2. To introduce the students to the rules, scoring, and understanding of volleyball.
3. To learn and apply the various offenses and defenses used in volleyball: 4-2/6-2/5-1 Offenses and Perimeter defenses.
4. To offer each student an opportunity to apply their skill and knowledge in actual match play.
5. To promote participation in volleyball as a lifetime sport.
6. To provide each student with information about how to get involved and play in amateur tournaments.
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.**

IMPORTANT DATES:

3 rd week (Friday)	Last day to add / Last day to drop without a mark of “W” and receive a refund.
7 th week (Friday)	Last day to withdraw without a “W” on transcript or change pass/no pass to letter grade.
8th week	Midterm Exam – on Blackboard.
12 th week (Friday)	Last day to drop with a mark of “W” on permanent record.
15th week	Final Exam – on Blackboard on the last day of class.

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 or <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 *SCampus* in Part B, Section 11, "Behavior Violating University Standards" policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086

Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu

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)
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) <u>*Observation, Analyze & Evaluate USC VB Match Assignment due.</u>
WEEK 8	Midterm Review/PLAY <u>*MIDTERM EXAM – on Blackboard</u>
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
WEEK 13	Tournament Play
WEEK 14	Review of All Skills *SKILLS REVIEW
WEEK 15	Final Review/ PLAY <u>*FINAL EXAM – on Blackboard on the last day of class.</u>