

# Volleyball

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## 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. (If the student has prior volleyball experience this course will continue to develop individual and team skills.)

## COURSE OBJECTIVES

To improve each student's basic skills required to play volleyball: pass, set, hit, block, dig, and serve.

To introduce the students to the rules, scoring, and understanding of volleyball.

To learn and apply the various offenses and defenses used in volleyball: 4-2/6-2/5-1 Offenses and Perimeter defense.

To offer each student an opportunity to apply their skill and knowledge in actual match play.

To promote participation in volleyball as a lifetime sport.

To provide each student with information about how to get involved and play in amateur tournaments.

To develop the student's fundamental skills and knowledge of indoor volleyball.

## **Physical Education 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.

## **CLASS CONTENT**

**IN CLASS**-in class game like situations with skill breakdown and analysis. Video analysis of individual student volleyball skills and techniques. Compare with teacher instruction and feedback.

**VIDEO FOLDER**-a weekly blackboard/in class video on the HOT volleyball topic of the week. (various volleyball websites)

## **PARTICIPATION/PERFORMANCE**

Timely and consistent attendance is imperative in order to improve overall physical fitness and to acquire supplemental course information. Failure to attend class **WILL IMPACT** your final grade.

## **EQUIPMENT**

Proper workout attire, water, and knee pads (optional).

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 and the Lyons Center.

## EVALUATION CRITERIA \*\*

<b>250 Total Points</b>						
<b>Cognitive</b>	<b>50%</b>	<b>125 Pts.</b>		<b>Psychomotor</b>	<b>50%</b>	<b>125 Pts.</b>
Final Exam	25%			participation	30%	
Midterm Exam	20%			skills test	15%	
Observation (Analyze and evaluate USC VB match)	10%					

**(MAKE-UPS WILL NOT BE GIVEN FOR ANY OF THE COGNITIVE OR PSYCHOMOTOR COMPONENTS)**

\*\* Students Requesting Academic Accommodations Based On A Disability Are Required To Register With Disability Services 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 Student Union 301 And The Phone Number Is (213) 740-0776.

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 expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligation 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. SCampus, the Student Guidebook, ( [HYPERLINK "http://www.usc/scampus"](http://www.usc/scampus) [www.usc/scampus](http://www.usc/scampus) or [HYPERLINK "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

## VOLLEYBALL COURSE CONTENT AND SCHEDULE

WEEK 1	Course Instruction / Fundamental Instruction of the Basic Volleyball Skills
WEEK 2	History and Rules of Volleyball 6-6 Offense and W Serve Receive
WEEK 3	Overhead Passing Passing and Serving

WEEK 4	Hitting/ 4-2 Offense International 4-2 Offense/ 5 Person Serve Receive
WEEK 5	Perimeter Defense
WEEK 6	Free Ball Transition Down Ball Transition
WEEK 7	Blocking/Blocking Technique Drills
WEEK 8	Midterm Review/PLAY MIDTERM
WEEK 9	How to Dig The Hard Driven Ball Back Setting
WEEK 10	Multiple Offenses 5-1 6-2 Offense
WEEK 11	Hitter Coverage Jump Serve/Serving Strategy
WEEK 12	Tournament Play
WEEK 13	Tournament Play
WEEK 14	Review of All Skills SKILLS REVIEW
WEEK 15	Final Review/ PLAY FINAL

### **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 Section 11, *Behavior Violating University Standards* <https://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/scientific-misconduct/>.

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/departement/departement-public-safety/online-forms/contact-us>. 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](mailto: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.html](http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html) provides 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.

Students requesting academic accommodations based on a disability are required to register with Disability Services 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 Student Union 301 and the phone number is (213) 740-0776.