

**Instructor:** Sarah Hayes McGill, C.S.C.S  
**Email:** [sarahhay@usc.edu](mailto:sarahhay@usc.edu)  
**Office:** PED 107 – by appointment  
**Class Location:** **PED 210 / South Gym (2<sup>nd</sup> floor)**  
**SPRING 2023: Tuesday: 1:00-2:50 PM**

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## **VOLLEYBALL – PHED 139b**

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### **COURSE DESCRIPTION:**

This course is an intermediate level course reinforcing and fundamental skills of volleyball 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. PREREQUISITE IS PHED 139A OR MUST PASS A SKILLS TEST OF PASSING, SETTING, HITTING, SERVING, OFFENSIVE AND DEFENSIVE SKILLS.

### **Course Objectives:**

1. To reinforce each student's fundamental skills and knowledge of volleyball,
2. To improve each student's skills in all the basic skills of volleyball: pass, set, hit, block, dig, and serve.
3. To introduce and practice the various types of serves (floater, top spin, jump serve) and advanced hitting options (left side, middle, right side).
4. To reacquaint each student to the basic rules, scoring, and etiquette of volleyball.
5. To educate each student of the basic differences in strategy for the various offenses and defenses used in volleyball: 4-2/6-2/5-1 Offenses and Perimeter defenses.
6. To offer each student an opportunity to apply his or her skill and knowledge in actual match play.
7. To promote participation in volleyball as a lifetime sport.
8. To provide each student with information about how to get involved and play in amateur tournaments.

### **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%   | Final Project – Volleyball Skill & Video Analysis Paper– 20%<br>Final Exam – 25%<br>Observation, Analyze & Evaluate USC VB Match – 5%  |
| Psychomotor: 50% | In class work / participation – 30% – Attend, arrive on time and participate in class activities for entire class period.<br>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, 4<sup>th</sup> 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 <sup>rd</sup> week (Friday)  | Last day to add / Last day to drop without a mark of “W” and receive a refund.           |
| 7 <sup>th</sup> week (Friday)  | Last day to withdraw without a “W” on transcript or change pass/no pass to letter grade. |
| <b>8<sup>th</sup> week</b>     | <b>Midterm Exam – on Blackboard.</b>   |
| 12 <sup>th</sup> week (Friday) | Last day to drop with a mark of “W” on permanent record.                                 |
| <b>15<sup>th</sup> week</b>    | <b>Final Exam – on Blackboard on the last day of class.</b>                              |

# **USC VOLLEYBALL – PHED 139b**

## **COURSE CONTENT & SCHEDULE**

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|---------|--|
| WEEK 1  | Course Instruction / Fundamental Instruction of the Basic Volleyball Skills  |
| WEEK 2  | History and Rules of Volleyball (Chapters 1,2)<br>4-2 & 5-1 Offense and 5 Person Serve Receive (Chapter 8, 10)   |
| WEEK 3  | Overhead Passing (Chapter 5)<br>Passing and Serving (Chapter 6) – floater, jump, topspin   |
| WEEK 4  | Hitting / 5-1 & 4-2 Offense (Chapter 8, 10)<br>International 4-2 Offense / 5 Person Serve Receive (Chapter 8, 10)<br><b>Observation, Analyze &amp; Evaluate USC VB Match Assigned – due Week 8</b> |
| WEEK 5  | Perimeter Defense<br><b>Final Project – Volleyball Skill &amp; Video Analysis Paper Assigned – due Week 12</b>   |
| WEEK 6  | Free Ball Transition (Chapter 10)<br>Down Ball Transition (Chapter 10)   |
| WEEK 7  | Blocking/Blocking Technique Drills (Chapter 7)   |
| WEEK 8  | <b>Final Project – video chosen volleyball skill / PLAY</b><br><b><u>*Observation, Analyze &amp; Evaluate USC VB Match Assignment due</u></b>  |
| WEEK 9  | Defensive Positions / How to Dig the Hard Driven Ball (Chapter 9)<br>Back Setting (Chapter 10)   |
| WEEK 10 | Multiple Offenses 5-1 (Chapter 9)<br>6-2 Offense (Chapter 10)  |
| WEEK 11 | Hitter Coverage (Chapter 10)<br>Jump Serve/Serving Strategy (Chapter 6)  |
| WEEK 12 | Tournament Play / <b><u>Final Project – Volleyball Skill Analysis Paper due</u></b>  |
| WEEK 13 | Tournament Play  |
| WEEK 14 | Review of All Skills<br><b><u>*SKILLS REVIEW</u></b>   |
| WEEK 15 | Final Review/ PLAY<br><b><u>*FINAL EXAM</u></b>  |

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>) 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/ssaa](http://studentaffairs.usc.edu/ssaa)

#### ***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](http://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](http://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](http://dps.usc.edu)