

Volleyball I – HEST 269

North Carolina State University
Department of Health & Exercise Studies
Fall 2015

COURSE: HEST 269 – Volleyball I
INSTRUCTOR: Joanna Stegall
OFFICE: 2047 Carmichael Gym
OFFICE HOURS: M/W 11:20-12:20, F 10:15-11:15 or by appointment
TELEPHONE: (919) 513-1056
EMAIL: jlstegal@ncsu.edu
CREDITS: One
MEETING AREA: Court 3 – Volleyball area, Carmichael Gym

REQUIRED TEXT: Dearing, J. (2003). *Volleyball Fundamentals*. Champaign, IL. Human Kinetics.

RECOMMENDED READINGS/REFERENCES/RESOURCES:

- <http://Usavolleyball.org>
- <http://volleyballmag.com/>
- www.Allvolleyball.com
- <http://www.blogtalkradio.com/the-net-live> (radio)
- Bragaw Volleyball Court
- QUAD Volleyball Court
- Jaycee Park Volleyball Courts

COURSE DESCRIPTION: This course is designed to teach and apply the basic volleyball fundamentals of setting, passing, serving, spiking/attacking, court movement, and game rules/strategy and history.

Health Information Statement:

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making

an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

A. GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the HES category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

B. GEP Student/Course Learning Outcomes

The student will be able to:

1. Develop the basic fundamental skills of volleyball (posture, passing, serving, etc.)
2. Apply the rules and basic skills in drill and game situations
3. Participate in organized play
4. Develop game strategy
5. Recognize and appreciate skillful performance

C. GRADING CRITERIA: (Letter Grade: 60-100%, Credit Only 70-100%)

- Students will be expected to demonstrate their knowledge of the material covered in class and assigned readings by completing a written exam. Students will also be expected to demonstrate and apply various skills covered in class through skill tests.

1. Skill Performance

| | |
|-------------------|-----|
| Passing | 15% |
| Setting | 15% |
| Serving | 15% |
| Gameplay/Movement | 15% |

2. Cognitive/Written Evaluations

| | |
|---------------|-------------|
| Lecture Test | 20% |
| Strategy Test | <u>20%</u> |
| | 100% |

It is University policy that all students sign the Honor Pledge on tests and assignments.

Honor Pledge: I have neither given nor received unauthorized aid on this test or assignment.

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

| | | |
|-----------------|--------------|---------------|
| 97-100 = A+ | 93-96.99 = A | 90-92.99 = A- |
| 87 – 89.99 = B+ | 83-86.99 = B | 80-82.99 = B- |
| 77-79.99 = C+ | 73-76.99 = C | 70-72.99 = C- |
| 67-69.99 = D+ | 63-66.99 = D | 60-62.99 = D- |
| 0-59.99 = F | | |

****January 29, 2015**** Grade method (letter grade, S/U, audit) verification is the responsibility of the student; grade method changes cannot be made after the university deadline has passed.

D. ATTENDANCE:

Students are expected to attend all classes and to arrive and leave at the scheduled times. If the student accumulates 4 absences he/she will not receive credit for the class. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any *written work* missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor. See

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php

1. ***All WORK missed as a result of an excused absence must be made up as soon as possible following the absence. An absence can not be made up.***
2. ***For students registering late, all missed classes count as absences.***

REQUIREMENTS FOR CREDIT ONLY: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 2 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

REQUIREMENTS FOR AUDIT: Students must attend all classes except written exams and will be allowed two absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

TARDY: All students are expected to be on time and dressed for activity.

Two tardies = one absence.

2 bonus points toward final grade = Students that attend and participate in every scheduled class. Students cannot exceed one tardy.

PARTICIPATION: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

LATE ASSIGNMENTS: Five points will be deducted from the assignment's final grade for first day the assignment is late. An additional two points per day will be deducted off the assignment's final grade for every day thereafter.

INCOMPLETE GRADES:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make-up work is to be limited to accomplishing the work not completed.

E. DRESS CODE/PROPER ATTIRE:

- NCSU Health and Exercise Studies clothing is to be worn by all students except during lecture and exam periods. (Red, white, black, or gray shorts, gray HES shirt.)
- Tennis shoes and socks are required.
- Shirts are to be worn at all times.
- Knee pads are helpful in preventing knee scrapes and bruises.
- Please remove jewelry before class & no gum.
- No cell phones or electronic devices allowed during class time.
- All HES clothing must be turned in during 1st week of exams or you will be billed.

F. SAFETY RECOMMENDATIONS:

1. Let the instructor know of any physical or medical problem that may restrict your activity.
2. A proper stretch and warm-up is needed before volleyball play.
3. When returning the ball to the opposing team, roll it underneath the net.
4. Do not go into an adjacent court to play the ball.
5. Be alert to potentially dangerous situations:
 - a. Stepping on loose or rolling balls in the court
 - b. Running into another player or obstruction surrounding the court (net posts, wall, etc.)
 - c. Practicing drills without proper clearance away from obstructions or classmates.
 - d. Stepping on opponents' feet during net play

- e. Water or wet spots on the floor.
 - f. If a student is injured, stop play immediately and get the instructor's attention.
6. **The All-Campus Card is required in order to check out clothing from the Health and Exercise Studies Department.** If you forget your card, you may obtain a class pass for gym entry from the Member Services Suite, office 1000.
 7. Due to the nature of this activity, it may be necessary for the students and instructor to have some amount of physical contact.
 8. Every sport/fitness activity has certain inherent risks and regardless of precautions taken, it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
 9. Students with Disabilities: Reasonable accommodations will be made for students with verifiable disabilities. Please register with Disability Services for Students at 1900 Student Health Center, Campus, Box 7509, 515-7653.
See http://www.ncsu.edu/provost/offices/affirm_action/dss for more information.

G. GENERAL INFORMATION:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653. See <http://www.ncsu.edu/dso/>
For more information on NC State's policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op . Any person who feels that he or she has been the subject of prohibited discrimination,

harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Please turn off cell phones during class time.
9. All musical devices, such as MP3 players must be turned off when you enter this class.

SKILLS TESTS

Self-Pass Test Protocol

Test Description:

- The student will begin by tossing ball to self, then pass the ball to them self using as many times as possible in one minute.
- Players must use proper form or the pass does not count. The ball must be passed 10 feet or slightly higher.
- The student will be permitted to continue with the test if the ball contacts the floor.

| Men Accumulated Score | Percentage | Women Accumulated Score |
|-----------------------|------------|-------------------------|
| 50 \leq | 100% | 46 \leq |
| 45-49 | 95% | 41-45 |
| 40-44 | 90% | 36-40 |
| 35-39 | 85% | 30-35 |
| 30-34 | 80% | 25-29 |
| 25-29 | 75% | 20-24 |
| 20-24 | 70% | 15-19 |
| 15-19 | 65% | 10-14 |
| 10-14 | 60% | 5-9 |
| 9 \geq | 50% | 4 \geq |

Self-Set Test Protocol

Test Description:

- The student will start by tossing ball to self and then sets to self as many times as possible in one minute.
- Players must use proper form or the pass does not count. The set must be 10 feet high or higher.
- If the ball contacts the floor at any point during the time limit then that will indicate the end of the test.

| Men Accumulated Score | Percentage | Women Accumulated Score |
|-----------------------|------------|-------------------------|
| 50 \leq | 100% | 46 \leq |
| 45-49 | 95% | 41-45 |
| 40-44 | 90% | 36-40 |
| 35-39 | 85% | 30-35 |
| 30-34 | 80% | 25-29 |
| 25-29 | 75% | 20-24 |
| 20-24 | 70% | 15-19 |
| 15-19 | 65% | 10-14 |
| 10-14 | 60% | 5-9 |
| 9 \geq | 50% | 4 \geq |

Quantity Serve Test Protocol

Test Description:

- The student will serve behind the end line 15 times using underhand or overhead serve.
- All serves must go over the net, between the antennae and land in bounds.
- Number of serves made out of 15 will be recorded.
- Serves must be overhand and made from legal distance
 - Underhand serves can only be used by students that cannot successfully execute an overhand serve

| Men Accumulated Score | Percentage | Women Accumulated Score |
|-----------------------|------------|-------------------------|
| 15 | 100% | 15 |
| 14 | 95% | 14 |
| 13 | 90% | 13 |
| 12 | 85% | 12 |
| 11 | 80% | 11 |
| 10 | 75% | 10 |
| 9 | 70% | 9 |
| 8 | 65% | 8 |
| 7 | 60% | 7 _≥ |
| 6 | 55% | 6 |
| 5 _≥ | 50% | 5 _≥ |

Tentative Course Outline

| Date | Activity | Assignments |
|-------------|--------------------------------|--------------------|
| 8/19 | Orientation to the course | syllabus |
| 8/24 | Forearm Passing | Chapter 8 |
| 8/26 | Forearm Passing/Serving | Chapters 3&8 |
| 8/31 | Overhead Passing | Chapter 5 |
| 9/2 | Overhead Passing/Serving | Chapters 3&5 |
| 9/7 | No Class | |
| 9/9 | Receiving Serve/ W formation | Chapter 1&4 |
| 9/14 | Drills/Serving | |
| 9/16 | Lecture | Moodle |
| 9/21 | 3 on 3 play | Chapter 12 |
| 9/23 | Transition | Chapter 11 |
| 9/28 | Drills/Play | |
| 9/30 | Drills/Play | |
| 10/5 | Lecture Test | Moodle |
| 10/7 | Attacking | Chapter 6 |
| 10/12 | Attacking /Blocking | Chapters 6&7 |
| 10/14 | Defensive Drills | Chapter 9 |
| 10/19 | Blocking/ Play | Chapter 7 |
| 10/21 | Team Play | |
| 10/26 | Drills/Play | |
| 10/28 | Team Play | |
| 11/2 | Offensive Strategies | Chapter 10 |
| 11/4 | Defensive Strategies | Chapter 9 |
| 11/9 | Team Play | |
| 11/11 | Situational Test online | Moodle |
| 11/16 | Drills/Play | |
| 11/18 | Drills/Play | |
| 11/23 | Skills Testing | |
| 11/25 | No Class | |
| 11/30 | Team Play | |
| 12/2 | Team Play | |

October 16th is the last day to change your grade option!!