

West Los Angeles College
Department of Physical Education and Health

Course Title: Kinesiology 391 (Section 2302)

- 1.** Course time: Tuesday, Thursday: 3:15pm - 4:40pm
Unit Value: 1 unit
Prerequisites: Strong desire to improve volleyball skills through fitness, muscular strength and endurance.

Instructor: John Anselmo; anselmj@wlaac.edu

2. Purpose of the course:

To build an aerobic foundation and introduce each student to the basic skills of volleyball. The class is designed to expose the student aerobic training and proper volleyball technique in serving, passing, setting and hitting. The class will utilize a fitness program designed for strength and flexibility specific to volleyball in the following areas.

- Basic cardio with an emphasis on short explosive movements.
- Basic flexibility with an emphasis on sport specific muscle groups including but not limited to neck, shoulders, hamstrings and quadriceps.
- Proper body positioning for passing, setting and hitting.
- Basic strategies for team play offense and defense.
- Explore USDA Center for Nutrition recommended diet and exercise habits.
- Student Learning Outcomes (SLO): Self Awareness/Interpersonal, Technical Competence.

3. Content of the course:

A. Evaluation of present degree volleyball skill set and endurance.

1. 2 mile timed run at training target heart rate for equivalent age. Introduction to plyometric training techniques, core exercises, and jumping.
2. Aerobic and anaerobic hill running.
3. Run through volleyball specific drills to evaluate setting, passing, and hitting.

B. Progressive programs of exercise

1. Build Athletic Foundation:
This course will teach the athlete how to build an athletic foundation through running, core and plyometric training.
2. Teach Flexibility:
Students will learn volleyball specific stretching techniques, strategies and guidelines for implementation.
3. Diet:
Student will be able to identify the 5 food groups and recommended daily diet according to the US Department of Agriculture, Center for Nutrition.

C. Principles of Volleyball

1. Serving: Standing float serve, jump float serve, jump spike serve.
2. Passing: Proper movement and body position.
3. Hitting: Approach and jump, swing.
4. Digging: Proper court positioning and movement.
5. Offense: Offensive plays, sets and strategies.
6. Defense: Court position, rotation, blocking.

4. Grading /Evaluation:

A. ATTENDANCE/PARTICIPATION (10 points x 35 days)	350 points
B. Skill Proficiency/Strength Fitness & Stability Practical	50 points
C. Effort and/or Attitude	50 points
D. Written Essay: Diet and Eating Habits	50 points

5. Points Scale:

A = 500 – 450 points (**90%**); **B** = 450 – 400 points (**80%**); **C** = 400 - 350 points (**70%**); **D** = 350 - 300 points (**60%**) **F** = 300 and below.

6. Attendance/Tardiness:

Two (2) unexcused absences will be allowed without penalty. Each absence thereafter will result in a penalty of 20 points for each absence. Only maximum of 2 absences may be made up after the first 2 unexcused absences. Tardiness longer than 30 minutes of the hour is not accepted as a full day of attendance and results in the loss of 10 points. **Please keep in mind you must be on time to participate in the class warm-up period to avoid injury.**

It is solely the responsibility of the student to contact the instructor for circumstances leading to a high number of absences or missed assignments/exams. Under no circumstances will a student be excused for a high number of absences or missed assignments/exams for general situations, such as general illness/injury, stress, lack of motivation, poor time mismanagement, etc. The student is expected to make up any hours missed. Exceptions for an incomplete grade status will only be considered for unforeseen dire circumstances.

7. Class logistics:

Clothing: Please attend class ready to participate in vigorous exercise. Wear any type of WORKOUT clothes you'd like (please be conservative), but please be sure the clothes you wear allow you to move freely! **Please wear clean attire.**

Water: Water bottles are highly recommended. The staff may not always provide water. Continuous long breaks to leave the building for water will not be permitted.

Office hours: to be arranged at request or instructor will provide designated hours depending on the demand. The instructor may also be contacted via email at anselmj@wlac.edu.

Student Acknowledgment

(Please return this sheet to the instructor)

"I (print name) _____, have completely read this syllabus and understand and agree to the course requirements."

Signature: _____ Date: _____

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, and observance of religious holidays.

Special needs or circumstances:
