

Volleyball
Ex. Sp. 182.1
Spring 2008
Tuesday & Thursday
8:00am – 8:50am

Instructor: Katie Pederson Whipple

Office: 103C Forker Building

Office Hours: Tuesday 10am – 11am, Wednesday 12pm – 1pm (or by appointment)

Phone: 294-2953 (this is a shared office phone and **not** the most reliable way to get a hold of me)

Email: katierae@iastate.edu ←this is the best way to get in touch with me

Course Description:

This class is intended for persons interested in learning the rules, skills, and strategies associated with volleyball. Individuals will learn the fundamentals of volleyball, including passing, setting and serving, in a team environment. This is a one credit class graded on a satisfactory/unsatisfactory basis.

Course Objectives:

- Learn the rules and terminology of indoor volleyball
- Learn to execute basic offensive and defensive skills including: passing, setting, serving, hitting, blocking, and serve reception.
- Learn offensive and defensive strategies
- Develop a life-long appreciation and enjoyment for the game of volleyball

Course Requirements:

Attendance: Students are required to attend and participate in class. More than 3 absences (excused or unexcused) will result in a failing grade for the class. If you are more than 5 minutes late, you will be counted tardy. Two tardies = 1 absence. If you are more than ten minutes late, you will be counted absent.

Attire: Proper athletic shoes (non-marking soles) and athletic attire are required. No hats, jeans, sandals, or street shoes. Shorts and t-shirts are appropriate. Students who fail to dress appropriately for class will not be able to participate and will be counted absent. Lockers are available to rent or use in Forker. Please visit the check-out window in the lower level of the building (located near the entrance by the couches, just down the stairs and to the left through the doors) if you are interested in using the locker rooms.

Classroom Etiquette: This is a sport class; therefore, good sportsmanship is required at all times. Racial, sexist, or any comments or actions demeaning in nature will not be tolerated. Please be courteous of other's skills and abilities; not everyone may be as talented as you. We are all here to learn, so please make it an enjoyable experience for the people around you.

Participation:

Students are expected to participate in class by skills performance, written assessments, and oral assessments to a proficiency of at least a 70% or better in all areas.

Evaluation:

Written Evaluation: A midterm examination will be given on **March 11** and will cover all handouts and topics covered in class up until that point. It will be worth 40 points.

Grading: This is a pass/fail class. At least 70% (70/100) of total points are required for a passing grade.

Attendance/ Participation: 60 points

Written Test: 40 points

Total: 100 points

****There will be no make-up opportunities for the midterm!***

Students Requiring Special Assistance:

If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that a Disability Resources staff send a SAAR form verifying your disability and specifying the accommodation you will need. The Disability Resources office is located on the main floor of the Student Services Building, Room 1076, and the telephone number is 515-294-7220.

Academic misconduct:

Academic Misconduct in any form is in violation of Iowa State University *Student Disciplinary Regulations* and will not be tolerated. This includes, but is not limited to: copying or sharing answers on tests or assignments, plagiarism, and having someone else do your academic work. Depending on the act, a student could receive an F grade on the test/assignment, F grade for the course, and could be suspended or expelled from the University. See the Conduct Code at www.dso.iastate.edu/ja for more details and a full explanation of the Academic Misconduct policies.

Tentative Schedule:

January				
Monday	Tuesday	Wednesday	Thursday	Friday
14	15 Intro & Syllabus	16	17 Terminology	18
21	22 Rules/Scoring	23	24 Field of Play/tossing/zones	25
28	29 Forearm Pass	30	31 Forearm pass	

February				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 No Class- Holiday	5 Overhead pass	6	7 Overhead pass	8
11	12 Underhand/Overhand Serve	13	14 Underhand/Overhand Serve	15
18	19 Hitting - Approach	20	21 Hitting – Armswing/Contact	22
25	26 Blocking	27	28 Blocking Rips/Whips	29

March				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Serve Receive	5	6 Serve Receive	7
10	11 Mid-term & Intro to Offensive Strategies	12	13 Offensive Strategies	14
17 – Spring Break – No Class	18 Spring Break – No Class	19 Spring Break – No Class	20 Spring Break – No Class	21 Spring Break – No Class
24	25 Defensive Strategies	26	27 Defensive Strategies	28
31				

April				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Catch-up week/team play	2	3 Catch-up week/team play	4
7	8 Scrimmage	9	10 Scrimmage	11
14	15 Scrimmage (in play-off teams)	16	17 Scrimmage (in play-off teams)	18
21	22 Play-offs	23	24 Play-offs	25
28 Dead Week - TBA	29 Play-offs	30		

May				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Championship	2
5 – Finals Week NO CLASS →	6	7	8	9