Kinesiology & Health Science

KINE 1106-001 – Volleyball Lab Spring 2023 – TR 12:30pm-1:45pm in Shelton Gym

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Course Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kristen Fritsche</td>
<td>This is a half semester activity class. Students are expected to arrive to class on time with the intention of giving full participation and effort to ensure their progression in the concepts and application of the sport of volleyball. Your full effort and daily involvement in this class ensures not only a rewarding individual experience but ensures quality environment for the class as a whole. Major topics that this class will cover include: general rules, scoring, proper mechanics for success, drills and competition.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>936-468-4013</td>
<td>1. To provide general knowledge regarding basic skills, rules, and scoring for volleyball.</td>
</tr>
<tr>
<td></td>
<td>2. To acquire the skills necessary to continue volleyball as a lifetime activity.</td>
</tr>
<tr>
<td></td>
<td>3. To have fun!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Email</th>
<th>Course Assignments &amp; Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:kristen.fritsche@sfasu.edu">kristen.fritsche@sfasu.edu</a></td>
<td>1. Clothing that is appropriate for athletic activity must be worn to class. If you cannot participate in class because of your attire, you will lose that day's participation points. Examples of appropriate attire include: shorts, t-shirts, and athletic shoes.</td>
</tr>
<tr>
<td></td>
<td>2. This is not simply a participation-based activity class. There will be notes and quizzes. Bring a pencil/pen to class daily and something to write on.</td>
</tr>
<tr>
<td></td>
<td>3. Class will be held in the Shelton gym unless otherwise specified.</td>
</tr>
<tr>
<td></td>
<td>4. Any assignments turned in late will be worth half credit before grading. Also, assignments that are not turned in on days of &quot;no class&quot; will result in a missed class day and will be deducted in the attendance grade as well.</td>
</tr>
</tbody>
</table>
Evaluation & Assessments (Grading)

<table>
<thead>
<tr>
<th>Attendance/Participation</th>
<th>10 points/day</th>
<th>140 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skill Assessments</td>
<td>10 points each</td>
<td>80 points</td>
</tr>
<tr>
<td>Quizzes</td>
<td>30 points each</td>
<td>60 points</td>
</tr>
<tr>
<td>Video Project</td>
<td></td>
<td>30 points</td>
</tr>
<tr>
<td>Final</td>
<td></td>
<td>40 points</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>350 points</strong></td>
</tr>
</tbody>
</table>


Course Schedule

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Tuesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 (8/28)</td>
<td>Syllabus &amp; Expectations. Rules of volleyball</td>
<td>Volleyball Terminology Rules Quiz Due Online</td>
</tr>
<tr>
<td>Week 2 (9/4)</td>
<td><strong>NO CLASS</strong> (will be online): Net Set Up Instructions Terminology Quiz Due Online</td>
<td><strong>NO CLASS</strong> (will be online): Net Set Up Instructions Net Set Up Assessment Due</td>
</tr>
<tr>
<td>Week 3 (9/11)</td>
<td>Skill Practice (Serving)</td>
<td>Skill Practice (Passing/SR); Serving Assessment Due</td>
</tr>
<tr>
<td>Week 4 (9/18)</td>
<td><strong>NO CLASS</strong>: Passing Assessment Due Serve Receive Assessment Due</td>
<td>Skill Practice (Setting);</td>
</tr>
<tr>
<td>Week 5 (9/25)</td>
<td>Skill Practice (Hitting); Setting Assessment Due</td>
<td><strong>NO CLASS</strong>: Hitting Assessment Due</td>
</tr>
<tr>
<td>Week 6 (10/2)</td>
<td>Skill Practice (Def/Blocking)</td>
<td>3v3 &amp; 4v4 Play; Defense Assessment Due Blocking Assessment Due</td>
</tr>
<tr>
<td>Week 7 (10/9)</td>
<td>6v6 Play; Video Project Due</td>
<td><strong>NO CLASS</strong>: Final Exam Due Online</td>
</tr>
</tbody>
</table>
Additional Information

This course contains physical activity which may consist of but not limited to running, jumping, lifting, throwing, leaping, striking, etc. Participation in these activities comes with inherent risks of injury. Possible injuries include, but are not limited to heat stroke, strains, sprains, scrapes, bruises, and fractures. By registering and participating in this course, students are aware of the possible injuries that may occur and acknowledge that they participate at their own risk. The university is not responsible for any medical costs associated with any injury students may sustain; therefore, students are strongly recommended to procure personal health and accident insurance to cover any medical costs. Students are encouraged to notify the instructor of any relevant prior medical history regarding injuries, surgeries, medications, or other considerations which may affect or impair participation in this course. If necessary, students will provide, upon request, a physician's statement clearing them to participate in this course.

Procedures to be followed for Injury or Accident of a SFA Student.

1. Administer appropriate first aid.
2. For a major medical emergency, a phone call should be placed to the University Police Department (UPD) (911). UPD will report to the scene of a medical emergency, assist with first aid, and contact an ambulance service.
3. Students may choose to report directly to the Student Health Services for minor first aid needs or routine medical services.
4. If assistance is needed in transporting the injured student, call the UPD nonemergency phone number at 936-468-2608.
5. The instructor should complete an accident report which can be obtained from the department office.

Course Evaluation

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE.

Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.
PCOE Diversity Statement

The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

Student Ethics and Other Policy Information

Found at: http://www.sfasu.edu/policies/

Class Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student's attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6 To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/

Student Academic Dishonesty: Policy 4.1

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or
academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

**Penalties for Academic Dishonesty**

Penalties may include, but are not limited to, reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

**Student Appeals**

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

**Withheld Grades: Policy 5.5**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to [https://www.sfasu.edu/policies/course-grades-5.5.pdf](https://www.sfasu.edu/policies/course-grades-5.5.pdf).

**Student Code of Conduct: Policy 10.4**

Disruptive Behavior--interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program at SFA.
Additional Information:

**Code of Ethics for the Texas Educator:**

The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.

Please go to TAC 247.2 — Code of Ethics and Standard Practices for Texas Educators.

**Student Wellness and Well-Being**

SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**

**The Dean of Students Office** (Rusk Building, 3rd floor lobby)

- [www.sfasu.edu/deanofstudents](http://www.sfasu.edu/deanofstudents)
- 936.468.7249
- dos@sfasu.edu

**SFA Human Services Counseling Clinic** Human Services, Room 202

- [www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)
- 936.468.1041

**The Health and Wellness Hub** “The Hub”

Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

- [www.sfasu.edu/thehub](http://www.sfasu.edu/thehub)
- 936.468.4008
- thehub@sfasu.edu
Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741