Course Overview

The Volleyball Lab is a half semester activity class where students are expected to give full participation/effort in order to learn and implement new volleyball skills in a game-style setting. Students are required to arrive to Shelton Gym on time and appropriately dressed for physical activity. Appropriate attire includes t-shirt, shorts, tennis shoes. Feel free to wear pants if that is more comfortable for you. Your attendance and full participation in this class will not only ensure you get the grade you want but also provide a rewarding experience for the rest of the class.

Major Topics: Mechanics and Technique, Scoring and General Rules, Basic Officiating

Learning Objectives:

1. Provide the opportunity to learn more about volleyball skills and techniques, rules and general knowledge regarding the sport of volleyball
2. Grow your love of volleyball
3. Learn a new sport
4. Be physically active to promote a healthy lifestyle

Course Information:

1. Appropriate clothing is required for this class and failure to dress appropriately will result in losing that days participation points. Ex: athletics shorts, t-shirts, and tennis shoes
2. Please remember to bring a pencil/pen and notebook for notes. While this is mostly a participation-based class, there will be notes and quizzes to test your knowledge.
3. Any assignments turned in late will be worth half credit before grading unless otherwise organized by myself and the individual student
4. Also, assignments that are not turned in on days of "no class" will result in a missed class day and will be deducted in the attendance grade as well.
<table>
<thead>
<tr>
<th>Weeks</th>
<th>Tuesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Introductions:</strong> Syllabus and Course Expectations</td>
<td><strong>Required Knowledge:</strong> Net Set Up and General Terminology</td>
</tr>
<tr>
<td>2</td>
<td><strong>Skill Work:</strong> Serving and Passing</td>
<td><strong>Skill Work:</strong> Serving and Passing</td>
</tr>
<tr>
<td></td>
<td>In-Class Open Quiz – Net Set Up</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td><strong>Skill Work:</strong> Setting</td>
<td><strong>Skill Work:</strong> Setting</td>
</tr>
<tr>
<td></td>
<td>Serve/Pass Video Assignment Due</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td><strong>Skill Work:</strong> Attacking/Blocking</td>
<td><strong>Skill Work:</strong> Attacking/Blocking</td>
</tr>
<tr>
<td></td>
<td>Setting Video Assignment Due</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td><strong>Skill Work:</strong> Defensive Systems</td>
<td><strong>Skill Work:</strong> Defensive Systems</td>
</tr>
<tr>
<td></td>
<td>Attacking/Blocking Video Assignment Due</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td><strong>Skill Work:</strong> Offensive Systems Overview</td>
<td>6v6 Tournament Prep</td>
</tr>
<tr>
<td></td>
<td>Defensive Systems Paper Due</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Final</td>
<td>TOURNAMENT PLAY</td>
</tr>
<tr>
<td></td>
<td>TOURNAMENT PLAY</td>
<td></td>
</tr>
</tbody>
</table>

**Evaluation/Assessments:**

<table>
<thead>
<tr>
<th>Attendance/Participation</th>
<th>10 points/day</th>
<th>140 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-Class Open Quiz</td>
<td>5 points</td>
<td>5 points</td>
</tr>
<tr>
<td>Video Assignments</td>
<td>25 points each</td>
<td>75 points</td>
</tr>
<tr>
<td>Defensive Systems Paper</td>
<td>40 points</td>
<td>40 points</td>
</tr>
<tr>
<td>Final</td>
<td>40 points</td>
<td>40 points</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>300 points</td>
</tr>
</tbody>
</table>

**Point Totals:**

| 270-300 | A |
| 240-269 | B |
| 210-239 | C |
| 209-180 | D |
| 0-179   | F |
Assessments:

In-Class Open Quiz
• Students will be asked to set up their teams designated court. As a group, they must work together to set all required equipment up properly. This will be a timed and graded quiz in which the teams will have 15 mins to set up their designated net. Anyone who is not working with the team will get points deducted from their score. This is only a 5pt quiz and you have your teammates to help, so work hard and work together. Max will give you all of the information needed to set the nets up in the first week of class. Videos will also be provided.

Skill-Based Video Assignments
• Each week, students will be tasked with a video assignment in which they will need to basically teach the skill to Max via video. Everyone should have access to a camera, but if not, please let Max know and an in-person time can be scheduled. You will be in pairs and each person will need to do 50% explaining and 50% demonstrating. Points will be deducted if this is not reflected in the video. There is no time limit but try not to exceed more than 8-10 mins. There will be one video assignment for each skill.

Defensive Systems Paper
• Each student will be tasked with writing a short 1-2 page paper on the different types of basic defensive systems. They will have to choose 1 system and explain the advantages and disadvantages of using it. This is an individual paper, but feel free to collaborate with your teammates. Everyone will turn in a copy online for grading.

Final Exam
• The Final will be a written multiple choice/short answer test that will test all of the information that you will learn throughout the semester. It will total 40pts.
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.
VIII. Student Ethics and Policy

Institutional Absences

- An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

- Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

- For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

- 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.
o 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.

o 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.

o 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

**Withheld Grades Semester Grades Policy:**

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/docs/hops/02-206.pdf.

- **Students with Disabilities**
  
  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, 468-3004 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

- **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.

- Other SFA policy information can be found in the Handbook of Operating Procedures (HOP) – Please email Max with any questions

IX: Resources

- On-campus Resources:
  - The Dean of Students Office (Rusk Building, 3rd floor lobby)
    www.sfasu.edu/deanofstudents
    936.468.7249
dos@sfasu.edu
  - SFASU Counseling Services • www.sfasu.edu/counselingservices
    Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401
  - SFASU Human Services Counseling Clinic
    • www.sfasu.edu/humanservices/139.asp
    Human Services Room 202 • 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
    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)
    - Crisis Text Line: Text HELLO to 741-741