

**Eastern Illinois University**  
**Department of Kinesiology and Sports Studies**  
**KSS 1770 Volleyball**  
**Spring 2018**

Instructor: Sonya Schuette, M.S.  
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Office: 2241 Lantz

Office Hours: Monday—Thursday 10am-11am or other times are available by appointment.

Course Description: The development of basic skills as it pertains to volleyball.  
Class location: SRC courts 1 & 2

Course

Objectives:

1. To help students learn/refine fundamental volleyball skills and technique.
2. To provide students with enjoyable education/recreational volleyball playing experiences.
3. To promote physical fitness benefits available through weekly volleyball participation.
4. To promote knowledge and understanding of basic volleyball rules and strategies.
5. To promote sportsmanship while participating in volleyball activities and games.

**Evaluation Criteria**

Attendance & Participation (50%)  
Exams (40%)  
Assignments (10%)

**200 Points Possible**

Attendance & Participation- 100 points  
Exams (midterm & final)- 80 points  
Assignments- 20 points

**Grading Scale**

A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = <60%

Textbook: none

Final Exam: Tues., May 1 -- 12:30-2:30 p.m.

Packet: KSS 1770 course packet must be purchased at the Union Bookstore in the University Union. (approximately \$2.00)

### 1. Attendance

**BE HERE.** You should plan to attend every class, be on time, and stay the entire class period. Attendance is expected and will be taken at each class meeting. Please inform the instructor of absences due to illness, family emergencies, and university sponsored events, etc. Please notify the instructor in advance for planned and foreseeable events. Students are responsible for verifying excused absences and must provide a written document noting the absence. **It is the student's responsibility to contact the instructor before or immediately following an absence in order to catch up on missed class time/homework (please do not wait until the next class). Student-athletes must contact the instructor before missing class due to competition/traveling.**

**\*\*Everyone starts with 100 points. For each unexcused absence I subtract 5 points.**

### 2. Assignments

All work is due on the **DUE DATE**, and will be collected at the beginning of class. Work turned in after the due date will not be accepted.

Students will be allowed to make up work due to excused absences. If you are absent and it is unexcused, assignments missed cannot be made up, and will result in a zero.

### 3. Class Preparation

**PARTICIPATE WITH EFFORT.** Be prepared and put forth a solid and consistent effort in class.

Do what you have to do to be ready.

**TAKE INITIATIVE FOR YOURSELF.** You are responsible for creating value for yourself in this course. This means doing reading and work outside of class.

**HELP OTHERS.** The ultimate success and reward for each of you depends on your ability to help and support your classmates, and where differences of opinion and healthy debate are respected.

- Be prompt, dress appropriately and be sure to wear tennis shoes to class
- No cell phone usage during class unless it's an emergency
- Conduct yourself in a professional manner.
- Equipment: assist with setting up volleyball courts (nets/poles)
- Good sportsmanship is expected at all times!!

**Academic integrity-** Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.

**Students with disabilities-** If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

**The Student Success Center-** Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

## Tentative Schedule

Week 1	Introduction to Course Discuss basic rules/regulations of volleyball
Week 2	Footwork
Week 3	Underhand pass/terminology
Week 4	Overhead pass (setting)/terminology
Week 5	Serving (underhand/overhand)
Week 6	Attacking at the net Article Review Due – February 14 <sup>th</sup> (Happy Valentine's Day)
Week 7	Blocking at the net (single/double)
Week 8	MIDTERM EXAM Offense 4-2
Week 9	Offense 6-2
Week 10	Offense 5-1
Week 11	Serve-receive options
Week 12	Defensive moves (digs/ dives/ rolls/sprawl) Libero position/defensive specialist
Week 13	Defenses
Week 14	Modified Games
Week 15	Tournament Play
Week 16	FINAL EXAM Tues., May 1 12:30-2:30 p.m.

\*\*Schedule is subject to change