



Department of Kinesiology/PLNU
PED 131 ADVANCED VOLLEYBALL
1 Unit

Spring 2017

Meeting days: T/R	Instructor title and name: Jimmy Lundgren
Meeting times: 11:00-11:55pm	Phone: (760) 803-5469
Meeting location: Gym	E-mail: jimmylundgren@pointloma.edu
Additional info:	Office location and hours: Gym Office, By appointment
Final Exam: Tuesday 10:30-1pm	Additional info:

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Review of the fundamental skills required for highly competitive play with the addition of advanced strategies and techniques

COURSE LEARNING OUTCOMES

1. Each student will review and polish their fundamental AND advanced volleyball skills.
2. Each student will have the opportunity to apply their skills in a variety of competitive situations. PROPER ATTIRE: Shorts (no big pockets) or work-out pants, and shirts or sweatshirts, which will not hinder movement. Athletic shoes and socks. Please DO NOT wear black soled shoes (i.e. running shoes). No hats. Instructor has discretion to define what is proper attire. Please dress in the Locker Room or at home. Please DO NOT dress in the restrooms.

COURSE CREDIT HOUR INFORMATION

PED 131 is a one unit lab class. The expectation is two hours per week in class, plus up to two hours per week outside of class.

ASSESSMENT AND GRADING

96 points possible:

A 93%+ A- 90%+ B+ 88%+ B 83%+ B- 80% C+ 78%+ C 73%+ C- 70%+ D+ 68%+ D 63%+ D- 60%+ F 59%-

Evaluation:

- 1) ATTENDANCE AND PARTICIPATION = 56 points (2 points x 28 class meetings). You can earn two points every day: On time = 1 point, Great attitude and service to the class = 1 point. Attendance will be taken at the start of every class meeting. Your attendance grade will be determined by the percentage of meetings you attend on time, in proper attire, and with a positive attitude. Two Tardies = One Absence. Come ready to serve, learn, exercise, sweat every day – playing volleyball requires movement and work! NO Excused Absences, except for university sponsored events.
- 2) KNOWLEDGE = 20 points Take home Quiz about the history, equipment, rules, strategy, and injury prevention of Volleyball.
- 3) OBSERVATION = 20 points Students will observe a PLNU intercollegiate volleyball match and complete a provided Observation Form.

TO EXCEL IN THIS CLASS: Be ready to EARN a top grade. Be on time – wear proper attire - participate with a humble, teachable, hustling, helpful attitude. Be a blessing, not a burden. Play enthusiastically with players from all skill levels. Help with set-up and break-down. Look to serve and encourage! No Extra Credit will be offered at the end of the semester.

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ACTIVITIES

Activities and topics will include fundamentals and advanced skills in: movement for volleyball, passing, setting, hitting, digging, blocking, and team strategy.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.