

## Fitness and Recreational Activity

Volleyball, Fall 2015

FRA 134

Aug 31 – Dec 18

Meeting Time: TR 2:00 pm - 2:50 pm

Class Meeting Place: FH 101

Instructor: Scott Mobley

E-mail: scott.mobley@tamuc.edu

Office: Field House 211

Office hours: By appointment

Textbook (required): No text is required for this course. However, you will need a folder to keep handouts.

**Attire:** Athletic attire suitable for fitness activities is required! Attire should permit full range of motion, blue jeans or similar garments are not permitted. You will be participating in an active sport and proper attire is a must. Clothing should be modest. No cut offs or side less shirts will be allowed. As a courtesy and school spirit, students must not represent colleges other than Texas A&M University - Commerce. If you require or desire to wear supportive braces, or any other protective gear you may do so. Students not dressed appropriately will be considered absent. Respect the gym floor by designating a pair of clean shoes to wear on the court. Please see dress code page for quick reference.

**Class Description:** FRA 134 is designed to further develop students' knowledge of volleyball terms, skills, rules, and play.

**Participation:** Students are expected to attend *and* participate in class in order to receive credit. Each student is provided with a waiver that must be completed, signed, and returned to the instructor before any physical activity. The waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor prior to activity in order to ensure safe participation in physical activity. If special accommodations are needed, please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

### OBJECTIVES:

1. Demonstrate an advanced knowledge of volleyball terms.
2. Demonstrate the ability to give skill instruction.
3. Participate in physical activity in each class to increase skill and participation in the sport.
4. Have fun while learning more about volleyball.

### Evaluation/grading:

Attendance.....	1pt/class	32 points
Quizzes.....	1pt/quiz	14 points
Group assignment.....	20pts	20 points
Midterm.....	10pts	10 points
Participation.....	1pt/class	14 points
Final.....	10pts	10 points
		100 total points

### **Grading Scale**

Grading is based on a 100 point scale.

90 – 100pts = A                      60 – 69pts = D

80 – 89pts = B                      0 – 59pts = F

70 – 79pts = C

**Attendance:** All students are required to attend class dressed appropriately AND participate in activities in order to receive full credit. Students dressed inappropriately will be sent home and no credit will be received for that class period.

**Quizzes:** A quiz reviewing previously taught content will be given each week. Quizzes will be worth 1 point each.

**Group assignment:** Students will choose a group of three, sign up for desired week, and teach a game related to the skill being learned that week. The games will be played at the end of class.

**Midterm:** A midterm exam will be given to review the fundamental skills learned up to that point. The midterm will be worth 100 points.

**Final:** A comprehensive final exam will be given at the end of the semester and will be worth 10 points.

**Extra Credit:** 1 Extra credit point can be earned for each university sporting event attended. Up to five points can be earned. Student MUST let the instructor know in advance if he or she plans to attend a game. In order to receive points you must take a picture of the score board, a “selfie”, and email the pictures to me no later than 48 hours afterward with the date/sport/and opponent.

### **Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

Please be respectful and helpful to your classmates.

### **ADA statement**

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

### **Course Policies**

1. Students are required to be in class and ready to participate on time.
2. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work. If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you will be absent either in person, by email, or both.
  - Participation in an activity appearing on the University’s authorized activity list.
  - Death or major illness in a student’s immediate family.
  - Illness of a dependent family member.

- Participation in legal proceedings or administrative procedures that require a student's presence.
  - Religious Holy Day.
  - Illness that is too severe to contagious for the student to attend class (to be administered by Health Center or off campus physician).
  - Required participation in military duty.
3. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
  4. You must check your email regularly in case I need to communicate with. I will not email you junk, and I request that you do the same for me.
  5. While you are in class, I expect you to participate. Do not come to class and expect to sit on the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the organization of the class. While in class, you must refrain from anything that is not class-related. Cell phones are to be left in car, purse, back pack, etc. Not only will cell phones interrupt class but they could possibly bounce out of pockets and get stepped on. If this happens, cell phone owner will assume all responsibility.
  6. Due dates: The due dates listed for assignments are the LAST and possibly ONLY chance to submit/receive points.
  7. If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

### **Nondiscriminatory Statement**

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## Course Calendar/Assignments Fall 2015

Day		Date	Class Overview	Due/ graded activity	Notes
W1	T	9/1	Review of syllabus	Syllabus Quiz	
W1	R	9/3	Introduction to volleyball/ group sign up		
W2	T	9/8	Lecture		
W2	R	9/10	Lecture	Quiz	
W3	T	9/15	Lecture		
W3	R	9/17	Lecture	Quiz	
W4	T	9/22	Lecture		
W4	R	9/24	Learn Body & Arm Warm-Up	Quiz	
W5	T	9/29	Passing	Group 1	
W5	R	10/1	Passing	Group 1 - Q	
W6	T	10/6	Setting	Group 2	
W6	R	10/8	Setting	Group 2 - Q	
W7	T	10/13	Serving	Group 3	
W7	R	10/15	Serving	Group 3 - Q	
W8	T	10/20	Serve Receive	Group 4	
W8	R	10/22	Serve Receive	Group 4 - Q	
W9	T	10/27	<b>Test 1</b>	Group 5/Test	
W9	R	10/29	Hitting	Group 5 - Q	
W10	T	11/3	Hitting	Group 6	
W10	R	11/5	Hitting	Group 6 - Q	
W11	T	11/10	Offense	Group 7	
W11	R	11/12	Defense	Group7- Q	
W12	T	11/17	Review Skills	Group 8	
W12	R	11/19	<b>Test 2</b>	Group 8- Q	
W12	T	11/24	Play/Review	Group 9	
W12	R	11/26	<b>No Class Thanksgiving</b>	Group 9 - Q	
W13	T	12/1	Play	Group 10	
W13	R	12/3	Play	Group 10- Q	
W14	T	12/8	Play/Review	Group 10	
W14	R	12/10	<b>Final</b>	Final Exam	
W15	T	12/15	<b>Finals Week No Class</b>		No Class
W15	R	12/17	<b>Finals Week No Class</b>		No Class

Schedule is tentative and may change throughout the course

Q=Quiz

# **Dress Code & Suggestions**

## **FRA 134 –Volleyball**

- No clothing representing any college other than TAMU-C should be worn
- CLEAN gym shoes must be worn
- Long hair must be tied back into a ponytail
- Sweat pants or shorts must not sag
- NO JEWELRY

### Suggestions

- Wear knee pads and ankle braces
- Wear knee length or crew socks
- Practice good hygiene
- Bring a towel
- Bring plenty of water
- Avoid wearing glasses, wear contacts
- Keep nails trimmed
- Have an open mind and a good attitude
- Participate.