

West Los Angeles College
Department of Health and Kinesiology

Course Title: KIN ATH 563 Strength and Fitness for Volleyball(Section 2340)

1. Course time: Tue, Thur: 3:15pm-4:40pm 2/9/15-6/7/15

Unit Value: 1 unit

Prerequisites: Ability to run 1 mile in under 10 min. Student must be willing to participate in athletic conditioning including running, sprints, core exercises, plyometrics, weightlifting, dynamic and static stretching

Instructor: John Anselmo; anselmj@wlaac.edu

2. Purpose of the course:

The purpose of this course is to build endurance, strength and speed designed to enhance performance in intercollegiate volleyball competition.

- Endurance through timed running based on distance and pace.
- Speed with an emphasis on short explosive movements.
- Plyometric training focused on jumping and lateral movements.
- Flexibility with an emphasis on sport specific muscle groups including back, shoulders, hamstrings, abdominals, and quadriceps.
- Proper technique for passing, setting and hitting.
- Explore USDA Center for Nutrition recommended diet and exercise habits.
- Student Learning Outcomes (SLO): Self Awareness/Interpersonal, Technical Competence.

3. Content of the course:

A. Evaluation of present degree athletic endurance and current volleyball skill set.

1. 1 mile timed run; Continuous count on pushups and abdominal curls and/or leg lifts.
2. Run through a set of drills to evaluate setting, passing, and hitting.

B. Progressive programs of exercise

1. Endurance and Strength: Conduct a 20 minute work out consisting of running, specified footwork, pushups, abdominal curls and sprints. Plyometric training including footwork drills and box jumping. Various Olympic style weightlifting techniques.
2. Flexibility: Stretching routine after cardiovascular workout.
3. Diet: Essay on current nutritional facts and findings.

C. Assessment & Competition

1. Students will acquire points for attendance and participation in class workouts. (350)pts.
2. Students will be tested 5 times during the semester on various exercises including mile run, timed sprints, plyometric workouts, various weight lifting exercises, and demonstration of volleyball technique. Each evaluation is worth 10pts (50)pts.
3. Students will be evaluated on effort and attitude during class workouts. Points will be earned in completing successful workouts at instructors discretion. (50)pts possible.
4. Written essay on diet and exercise (50pts).

4. Grading /Evaluation:

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| A. ATTENDANCE/PARTICIPATION (10 points x 35 days) | 350 points |
| B. Skill Proficiency/Strength Fitness & Knowledge of Technique | 50 points |
| C. Effort and/or Attitude | 50 points |
| D. Essay | 50 points |

5. Points Scale:

A = 500 – 450 points (**90%**); **B** = 450 – 400 points (**80%**); **C** = 400 - 350 points (**70%**); **D** = 350 - 300 points (**60%**) **F** = 300 and below.

6. Attendance/Tardiness:

Two (2) unexcused absences will be allowed without penalty. Each absence thereafter will result in a penalty of 20 points for each absence. Only maximum of 2 absences may be made up after the first 2 unexcused absences. Tardiness longer than 30 minutes of the hour is not accepted as a full day of attendance and results in the loss of 10 points. **Please keep in mind you must be on time to participate in the class warm-up period to avoid injury.**

It is solely the responsibility of the student to contact the instructor for circumstances leading to a high number of absences or missed assignments/exams. Under no circumstances will a student be excused for a high number of absences or missed assignments/exams for general situations, such as general illness/injury, stress, lack of motivation, poor time mismanagement, etc. The student is expected to make up any hours missed. Exceptions for an incomplete grade status will only be considered for unforeseen dire circumstances.

7. Class logistics:

Clothing: Please attend class ready to participate in vigorous exercise. Wear any type of WORKOUT clothes you'd like (please be conservative), but please be sure the clothes you wear allow you to move freely! **Please wear clean attire.**

Water: Water bottles are highly recommended. The staff may not always provide water. Continuous long breaks to leave the building for water will not be permitted.

Office hours: to be arranged at request or instructor will provide designated hours depending on the demand. The instructor may also be contacted via email at anselmj@wla.edu.

Student Acknowledgment

(Please return this sheet to the instructor)

"I (print name) _____, have completely read this syllabus and understand and agree to the course requirements."

Signature: _____ Date: _____

Contact Email: _____

Contact Phone: _____

Please indicate below, any special needs or circumstances that may have some impact on your work in this class, and for which you may require special accommodations, including but not limited to physical or mental disabilities, inability to arrive in class on time or need to leave class early, and observance of religious holidays.

Special needs or circumstances:

