

**West Los Angeles College**  
**Department of Physical Education and Health**

---

**Course Title: KINESEOLOGY ATHLETICS 516 INTERCOLLEGIATE SPORTS, WOMEN'S VOLLEYBALL SECTION 2190**

- 1.** Course Term: Fall 2013  
Course time: Mon,Tues,Wed,Thur,Fri: 5:10pm-7:10pm  
Unit Value: 3 unit  
Prerequisites: Strong desire to improve volleyball skills through fitness, muscular strength and endurance.
- Instructor: John Anselmo; [anselmj@wlaac.edu](mailto:anselmj@wlaac.edu)**  
Office Hours: Tuesday/Thursday 4pm-5pm  
Office Phone: 310-287-4553  
[www.wlaac.edu/athletics/volleyball](http://www.wlaac.edu/athletics/volleyball)

**2. Purpose of the course:**

---

Preparation for Intercollegiate Women's Volleyball. The class is designed to expose the student proper technique in serving, passing, setting, hitting, offensive and defensive play, team building, and sportsmanship. As an added benefit, the class will utilize a fitness program designed for strength and flexibility specific to volleyball in the following areas.

- Basic cardio with an emphasis on short explosive movements.
- Basic flexibility with an emphasis on sport specific muscle groups including but not limited to neck, shoulders, hamstrings and quadriceps.
- Proper body positioning and technique for passing, setting and hitting.
- Basic strategies for team play offense and defense.
- Student Learning Outcomes (SLO): Self Awareness/Interpersonal, Technical Competence.

**3. Content of the course:**

---

**A. Evaluation of present degree volleyball skill set and endurance**

1. Run through a set of drills to evaluate setting, passing, hitting, and game play.
2. Run a timed mile and conduct weight room orientation on various lifting exercises.

**B. Progressive programs of exercise**

1. Endurance and Strength:  
Conduct a 30 minute cardiovascular work out twice weekly consisting of running, specified footwork, pushups, abdominal curls and sprints. Weight lifting regimen once weekly.
2. Flexibility:  
Intense stretching twice weekly after a 30-minute cardiovascular workout.

**C. Assessment & Competition**

1. Coaches will take statistics during competition on hitting, serving, passing and defense. Students will be evaluated on game performance. Students unable to compete will be required to attend homes games and participate in game logistics (ball management, libero tracking and score-keeping) (100)pts.
2. Students will be tested 3 times during the semester on push-ups, timed sprint, and various weight lifting exercises. Students will be evaluated on strength performance. (60pts).
3. Written essay on diet and exercise (60pts).

**4. Grading /Evaluation:**

---

A. ATTENDANCE (5 points x 76 days)	380 points
B. Participation	100 points
C. Skill Proficiency/Strength Fitness & Stability Practical	60 points
D. Essay	60 points
	-----
<b>TOTAL</b>	<b>600 POINTS</b>

**5. Points Scale:**

**A** = 600–540 points (**90%**); **B** = 540–480 points (**80%**); **C** = 480-420 points (**70%**); **D** = 420–360 points (**60%**) **F** = 360 and below.

**6. Attendance/Tardiness:**

---

No unexcused absences will be allowed without penalty. Each absence will result in a penalty of 5 points. Tardiness longer than 30 minutes is not accepted as a full day of attendance and results in the loss of 2 points. **Please keep in mind you must be on time to participate in the class warm-up/conditioning to get full credit for the day.**

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@wlaac.edu](mailto:anselmj@wlaac.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: \_\_\_\_\_

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:

---

---