

**CSUN DEPARTMENT OF KINESIOLOGY  
KIN 195A - BEGINNING VOLLEYBALL**

**Instructor:** Mj Smith, MS

**Office/Hours:** KN 255 TBA

**Phone:** (818) 677-3205 Kin Main office; (805) 432-2564 cell

**Email:** MaryJane.Smith@csun.edu

**Course Number and Title:**

Kin 195A Beginning Volleyball

**Catalog Description:**

Development of skills and knowledge of concepts, rules, and strategies in the sport of volleyball.

**Course Objectives:**

At the conclusion of the course, students should be able to:

1. Perform a level of proficiency, of at least a 2.0 or better, in serving, forearm passing, overhead passing, spiking, blocking, digging and individual defense skills.
2. Demonstrate knowledge of basic offensive and defensive positioning, rules, scoring, etiquette, refereeing, game strategies, and history of volleyball.
3. Understand basic safety issues common to the sport.
4. Show a working knowledge of basic warm up, cool down, strength, flexibility and conditioning exercises.

**Course Outline:**

1. History, background, rules, scoring, etiquette and safety concerns
2. Warm up, flexibility, strength, conditioning and cool down activities
3. Basic skill progressions, Basic offense and defense, Game strategies, and Refereeing.
4. Skills testing (Serve, pass, set, spike)

**Attendance:**

- Three absences permitted (TWO for evening class) with no effect on the final grade
- Each additional absence lowers grade by one full letter grade
- No credit for course if more than SIX absences (THREE for one day a week classes).
- Three late arrivals or non-participates will be counted as one absence
- All absences are counted
- THREE absences may be made up (TWO for evening class) with approval of instructor
- \* Only absences due to extraordinary circumstances will be considered.

**Evaluation:**

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|----------------------------|-----|
| - Skill Proficiency        | 40% |
| - Written Test             | 30% |
| - Attendance/Participation | 30% |

**Text: Optional**

**CLASS NOTES** – May be copied and paid for at Quick Copies located across from the CSUN Book Store.

