

## COURSE INFORMATION

**Course & Section Number:** KINE 199- 490,491,492  
**Course Title:** Beginning Volleyball  
**Term:** Spring 2022  
**Meeting times:** TUES 9:35-10:50 & 11:10-12:25; WED 10:20-11:35  
**Location of Class:** PEAP 132 located on the volleyball courts of the gym main floor  
**Credit Hours:** 1 credit hour

## INSTRUCTOR DETAILS

Instructor Name: Jacob Kendra  
Phone:  
Email: [jkendra@tamu.edu](mailto:jkendra@tamu.edu)  
Office hours: By appointment only  
Office location: PEAP 250

## COURSE DESCRIPTION AND PREREQUISITES

The purpose of KINE 199 activity courses are to provide a wide variety of activities designed to increase fitness and/or encourage the pursuit of lifetime activity. The focus is to provide lifetime activity, lifetime fitness, and lifetime wellness.

Prerequisites: None

## COURSE LEARNING OUTCOMES

By the end of the semester, the student should be able to:

- Execute proper skill techniques in overhand passing, forearm passing and overhand serving
- Comprehend beginning volleyball terminology as well as basic rules and strategy.
- Explain how volleyball is a lifetime activity

## COURSE READINGS & MATERIALS

### REQUIRED MATERIALS TO PURCHASE:

The Texas A&M PEAP Faculty have created a customized resource required for this course. We are proud to present to our students a useful, low cost resource with no expiration date.

This course requires purchase of a digital resource for successful completion:

**Title:** Complete Sport Pack

**Publisher:** Skyepack Inc.

Purchase at [www.skyepack.com](http://www.skyepack.com) or at your local bookstore. Login instructions located at the end of this syllabus.

*\*Sharing account access with other students is prevented.*

### **KINE 199 Free Pack Re-Enrollment Program**

\*If you have previously purchased a KINE 199 pack for the same sport in the Fall 2020, Spring 2021, or Summer 2021 semester, then do not purchase again. Email [support@skyepack.com](mailto:support@skyepack.com) and the new pack will be provided to you free of charge.

We will be using the KINE 199 Volleyball Beginning Skyepack.

### **REQUIRED MATERIALS PROVIDED BY COURSE:**

All volleyballs and nets will be provided by the PEAP. Knee pads are encouraged but not mandatory.

Dress Requirements: Indoor athletic attire and athletic shoes are required every day. The wearing of knee pads is not required but strongly encouraged

## **GRADING POLICIES & SCALE**

### **Course Requirements & Grading:** 100 point system

1. Activity/Skill Points (75 points) Passing, Setting, and Serving
2. Cognitive Points (25 points) Skyepack Quizzes

### **Grading Scale:**

#### **Standard Letter Grading Scale:**

**A = 90-100**

**B = 80-89**

**C = 70-79**

**D = 60-69**

**F = <60**

*\*please note: if your grade type for this class is satisfactory/unsatisfactory ([Student Rule 10](#)), below is the grade scale:*

**S = Satisfactory (C or above), hours not included in GPA**

**U = Unsatisfactory (D or F), no grade points, hours included in GPA**

## **COURSE ASSESSMENTS 100 Point System**

### **Activity/Skill Grade (75 points)**

Overhand passing	25 points
Forearm passing	25 points
Serving	25 points

### **Cognitive Grade (25 points):**

#### ***Exam 25 points (Three quizzes to be taken on Skyepack)***

Please do not be confused: There are presently no plans to utilize Canvas. Quizzes will be taken on the Skyepack internet platform (Skyepack.com) that you will purchase this semester from Skyepack.

## **LATE WORK**

Late work will not be accepted unless you have submitted documentation for an excused absence (as stated in Student Rule 7). Missing a class session does not excuse you from completing the on-line quizzes on time unless you are given permission by your instructor

### Course Topics, Calendar of Activities, Major Assignment Dates

Week	Dates	Topics	Reading Assignments	
<b>Week 1</b>	Jan 17-21	Syllabus, Course Outline, & Skill Assessment, possibly cover basic setting, passing	Module 4 & 6 as soon as possible. For next week, read module 5, setting, and review module 6 on spiking footwork and the swinging of the arms during the jump.	<i>If your forearms bruise easily, I recommend that you wear a long sleeve shirt, a sweat shirt, or two wrist sweat bands on each forearm. We will forearm pass the ball a lot on the first day.</i>
<b>Week 2</b>	Jan 24-28	Cover basic setting, serving, passing, and spiking. Drills and play 4 on 4	Read module 3 on float serves and watch the serving videos before your next class. Review modules 5 and 6 on setting and spiking.	Student Contract DUE via email by 1/28  All three quizzes are not timed. That is true if you do not submit your answers. Once the answers are submitted you cannot continue. All three quizzes are “open book” so please take your time and look up the answers if you are not certain of the answer.
<b>Week 3</b>	Jan 31-Feb 4	Continue to practice basic fundamentals, Play 4 on 4	Next week read module 7 & 8 blocking and defense.	Complete the first quiz BEFORE your class on Feb.8 <sup>th</sup> or 9 <sup>th</sup> . The first quiz will only be on modules 4, 5, & 6. Don’t forget, the quizzes are all “open book”.
<b>Week 4</b>	Feb 7-11	Practice drills on all the skills, Play 4 on 4.	For next week review module 4 on team passing formations.	<b>Quiz #1 is due today by 11:59 pm the day of your class. (8<sup>th</sup> or 9<sup>th</sup> depending on your class)</b>
<b>Week 5</b>	Feb 14-18	Team Drills & 6 on 6	For next week read 10 on team offense and watch videos on team play.	Is receiving the serve getting you down? It’s not easy. It takes a lot of

				practice. Practice your forearm passing outside of class with a friend. Players who struggle receiving serves are often targeted by the opponent's servers.
<b>Week 6</b>	Feb 21-25	Team Offense, Drills & 6 on 6	For next week read module 9 on team defense, base positions, and the 6-Back Perimeter Defense.	Your answers for your second quiz, over modules (7, 8,9, & 10) should be submitted before you come to class on either March 1 <sup>st</sup> or 2 <sup>nd</sup> .
<b>Week 7</b>	Feb 28-Mar 4	Team Defense, Drills & 6 on 6	For next week, week, read module 1 on volleyball history and module 2 the rules.	<b>The second quiz answers are due by 11:59pm the day of your class (1<sup>st</sup> or 2<sup>nd</sup>)</b>
<b>Week 8</b>	Mar 7-11	Play 6 on 6	For next week, read module 11 on player development.	Review team play. Q and A on volleyball rules and history of this great game
<b>Week 9</b>	Mar 14-18	<b>Spring Break</b>	-----	-----
<b>Week 10</b>	Mar 21-25	Play 6 on 6		
<b>Week 11</b>	Mar 28-Apr 1	Practice for Skills Tests Today and Play 6 on 6		Complete the third and final quiz before your next week's class.
<b>Week 12</b>	Apr 4-8	Skills Tests Begin This Week; Play 6 on 6		<b>The third and final quiz, modules 1-11 are due by 11:59pm the day of your class (5<sup>th</sup> or 6<sup>th</sup>)</b>
<b>Week 13</b>	Apr 11-15	Finish Skills Tests; Play 6 on 6		Practice hitting play sets, back court spiking, and team play.
<b>Week 14</b>	Apr 18-22	Skills Tests Make Up Day; Play on 6 on 6		<b>Last few classes</b>
<b>Week 15</b>	Apr 25-29	Play, Play, and Play so more		<b>Final Class for Wednesday class (492)- Get your PEAP</b>

				T-shirt, your final grade, and play one last time!
<b>Week 16</b>	May 2-6	Play, Play, and Play so more		<b>Final Class for Tuesday class (490/491)-</b> Get your PEAP T-shirt, your final grade, and play one last time!

**\*\*\*Schedule is tentative and subject to change\*\*\***

## UNIVERSITY POLICIES

### ATTENDANCE POLICY

The university views class attendance and participation as an individual student responsibility. Students are expected to attend class and to complete all assignments. Please refer to [Student Rule 7](#) in its entirety for information about excused absences, including definitions, and related documentation and timelines.

Attendance is a critical component of Kinesiology classes and essential to learning a skill. Additionally due to skill progressions found in teaching activities, it is crucial, for safety reasons, to require regular attendance. Students experiencing personal injury or illness that is too severe for the student to attend class qualify for an excused absence (see [Student Rule 7, Section 7.2.2](#)). To receive an excused absence, students must comply with the documentation and notification guidelines outlined in Student Rule 7.

#### **For classes that meet once a week for the full semester:**

A student shall be allowed 1 unexcused absence without penalty. For each additional unexcused absence, 20 points will be deducted from the final grade. **PLEASE NOTE:** A student will **automatically fail** upon receiving the 3<sup>rd</sup> unexcused absence. Excused absences, as defined in Rule 7 of the Texas A&M University Rules will not result in any point deduction, however, written documentation will be required to receive an excused absence. Any combination of excused and unexcused absences totaling 4 or more, where no more than 2 absences are unexcused will require a grade of Incomplete to be issued in the class. At the discretion of the instructor, this may require the student to retake the entire course due to the activity component and skill progression.

One (1) point will be deducted from the final grade for each **tardy** up to **10 minutes**. After 10 minutes, the student is considered absent, unless proper documentation for a university excused absence is provided.

**The Physical Education Activity Program does not accept the *Texas A&M University Explanatory Statement for Absence from Class* form available at <http://attendance.tamu.edu> as documentation for an excused absence.**

## MAKEUP WORK POLICY

Students will be excused from attending class on the day of a graded activity or when attendance contributes to a student's grade, for the reasons stated in Student Rule 7, or other reason deemed appropriate by the instructor. Please refer to [Student Rule 7](#) in its entirety for information about makeup work, including definitions, and related documentation and timelines. Absences related to Title IX of the Education Amendments of 1972 may necessitate a period of more than 30 days for make-up work, and the timeframe for make-up work should be agreed upon by the student and instructor" ([Student Rule 7, Section 7.4.1](#)).

"The instructor is under no obligation to provide an opportunity for the student to make up work missed because of an unexcused absence" ([Student Rule 7, Section 7.4.2](#)). ). Make up work for an unexcused absence is handled at the instructor's discretion.

Students who request an excused absence are expected to uphold the Aggie Honor Code and Student Conduct Code. (See [Student Rule 24](#).) Once again, in accordance to [Rule 7, section 7.3](#), students will be required to provide absence documentation and verification in order for the absence to be excused.

## ACADEMIC INTEGRITY

*"An Aggie does not lie, cheat, or steal, or tolerate those who do"*

"Texas A&M University students are responsible for authenticating all work submitted to an instructor. If asked, students must be able to produce proof that the item submitted is indeed the work of that student. Students must keep appropriate records at all times. The inability to authenticate one's work, should the instructor request it, is sufficient grounds to initiate an academic dishonesty case ([Section 20.1.2.3, Student Rule 20](#))."

You can learn more about the Honor Council Rules and Procedures as well as your rights and responsibilities at <http://aggiehonor.tamu.edu>

## AMERICANS WITH DISABILITIES ACT (ADA)

Texas A&M University is committed to providing equitable access to learning opportunities for all students. If you experience barriers to your education due to a disability or think you may have a disability, please contact Disability Resources in the Student Services Building or at (979) 845-1637 or visit <http://disability.tamu.edu>. Disabilities may include, but are not limited to attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability related needs with Disability Resources and their instructors as soon as possible.

## TITLE IX AND STATEMENT OF LIMITS TO CONFIDENTIALITY

Texas A&M University is committed to fostering a learning environment that is safe and productive for all. University policies and federal and state laws prohibit gender-based discrimination and sexual harassment, including sexual assault, sexual exploitation, domestic violence, dating violence, and stalking.

With the exception of some medical and mental health providers, all university employees (including full and part-time faculty, staff, paid graduate assistants, student workers, etc.) are Mandatory Reporters

and must report to the Title IX Office if the employee experiences, observes, or becomes aware of an incident that meets the following conditions (see [University Rule 08.01.01.M1](#)):

- The incident is reasonably believed to be discrimination or harassment.
- The incident is alleged to have been committed by or against a person who, at the time of the incident, was (1) a student enrolled at the University or (2) an employee of the University.

Mandatory Reporters must file a report regardless of how the information comes to their attention – including but not limited to face-to-face conversations, a written class assignment or paper, class discussion, email, text, or social media post. Although Mandatory Reporters must file a report, in most instances, you will be able to control how the report is handled, including whether or not to pursue a formal investigation. The University's goal is to make sure you are aware of the range of options available to you and to ensure access to the resources you need.

Students wishing to discuss concerns in a confidential setting are encouraged to make an appointment with [Counseling and Psychological Services](#) (CAPS).

Students can learn more about filing a report, accessing supportive resources, and navigating the Title IX investigation and resolution process on the University's [Title IX webpage](#).

## STATEMENT ON MENTAL HEALTH AND WELLNESS

Texas A&M University recognizes that mental health and wellness are critical factors that influence a student's academic success and overall wellbeing. Students are encouraged to engage in proper self-care by utilizing the resources and services available from Counseling & Psychological Services (CAPS). Students who need someone to talk to can call the TAMU Helpline (979-845-2700) from 4:00 p.m. to 8:00 a.m. weekdays and 24 hours on weekends. 24-hour emergency help is also available through the National Suicide Prevention Hotline (800-273-8255) or at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

## COVID STATEMENT

To help protect Aggieland and stop the spread of COVID-19, Texas A&M University urges students to be vaccinated and to wear masks in classrooms and all other academic facilities on campus, including labs. Doing so exemplifies the Aggie Core Values of respect, leadership, integrity, and selfless service by putting community concerns above individual preferences. COVID-19 vaccines and masking – regardless of vaccination status – have been shown to be safe and effective at reducing the spread to others, infection, hospitalization, and death.

## DEPARTMENT POLICIES

### CLASSROOM EXPECTATIONS

To ensure an enjoyable, inclusive, and engaging learning environment, you are expected to openly share your ideas and express your opinions in class; respect the opinions, values, and identities of your classmates, instructors, and guests; and honor the open environment of the class by respecting confidentiality when appropriate. You are expected to do your best work, meet assignment deadlines, engage regularly in class discussion and activities, and treat other members of the class with courtesy and respect. Please be respectful of others by avoiding disruptive behaviors such as side conversations, cell phone or laptop use, arriving late, and/or leaving early, etc.

## ADDITIONAL POLICIES: Attention Students

1. It is the responsibility of the student to inform his/her instructor if they have a condition that may impair or influence participation in an activity class (e.g. physical handicap, use of medication, etc.).
2. Should a student become unable to participate in the focus activity, alternative methods of evaluation may be provided at the instructor's discretion.
3. Students must realize that there is a certain assumption of risk, which they engender when they participate in activity classes such as these. Students must be aware of the assumption.
4. Students are expected to attend each class from the start of the class period until dismissed by the professor. Leaving class prior to dismissal by instructor is considered a violation of departmental rules, and may result in the student being charged with an Aggie Honor Code violation.
5. Your instructor may find it beneficial to the learning process to assist you in movements or body positions in this course. These actions may require physical contact with some students. If the contact makes you uncomfortable please communicate that to the instructor and every effort will be made to minimize this contact.
6. In regards to COVID-19, due to the nature of activity, there are factors out of our control that could cause someone to be exposed to the virus. It is extremely important for each student to follow the COVID-19 guidelines developed by the university.
7. KINE 199 may be taken for a grade or satisfactory/unsatisfactory. Satisfactory/Unsatisfactory is the automatic default when you register for a KINE 199. You may change your grade status up until the Grade Change option listed on the University's Academic Calendar. After this deadline, it cannot be changed.

## Skyepack Log-in Instructions

Follow these quick steps to gain access to your customized resource:

**Step 1:** Go to [www.skyepack.com](http://www.skyepack.com) and click "Create Account."

**Step 2:** Complete the account creation form. Your email address should follow this example: "[student@tamu.edu](mailto:student@tamu.edu)."

**Step 3:** Confirm the Skyepack account verification email in your inbox. (Check Spam Folder)

**Step 4:** Click the "Channel Guide" and select the Texas A&M University Channel.

**Step 5:** Select your pack and click "Add to my Pack Collection" (Your course may have 2 packs)

**Step 6:** Purchase your pack with a credit, debit, or pre-paid. (Put in your access code if you purchased from the bookstore.)

**Step 7:** Launch your pack from the My Pack Collection tab.

For any Technical difficulties or login questions email [support@skyepack.com](mailto:support@skyepack.com).