

MONTGOMERY COLLEGE
PHED186 Course Syllabus
Health Enhancement, Exercise Science and Physical Education

I. Contact Information

Office:
Class Time:
Office Hours:
Email:

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II. General Course Information

PHED186: Volleyball

The purpose of this class is to introduce the skills and concepts integral to the sport of volleyball. Students will be expected to demonstrate a proficiency in the skills, an understanding of the offensive and defensive concepts, and an understanding of the relationship between the skills, rules and strategies. Students will be expected to attend at least one upper level match outside of normal course meeting hours.

III. Common Course Learning Outcomes

Students will demonstrate proficiencies in the following skills: forearm passing, hitting, setting, overhand serves.

Students will analyze and critique skill performances of their peers.

Students will take a written exam on the rules and strategies of volleyball.

Students will diagram and explain different team offensive strategies and team defensive strategies.

Students will improve their physical conditioning, through a combination of aerobic and non-aerobic exercise.

Students will demonstrate personal responsibility for proper warm-up and cool-down procedure.

IV. Text, Workbooks and Supplies

No text required. Students will be directed to websites and given handouts. Students will be required to bring a pen or pencil to class each day. Students will also need a smart phone or tablet with a QR Code scanner. Much of the course content will be accessed through the use of QR codes. If you do not have a smart phone or tablet, please let me know.

V. Course Requirements

A. Course Grade

Students must be dressed for participation in accordance with the department policy. All students must complete the health history form, and a waiver of liability. Students must be physically able to participate. Any chronic condition or injury that prohibits

active participation in the course is reason for being dropped from the course.

Skills test:35

Out of Class Assignments: 40 points

In-class Assignments: 10 points

Final Exam: 40 points

Participation: 75 points

The final grade will be calculated on a percentage basis:

A=90% and above

B= 80% and above

C= 70% and above

D = 60% and above

F< 60%

Participation points will be earned through both written and performance means. Participation points will also be based on assessment of your practice and game play. Your use of appropriate skills, ability to work with team mates and application of offensive and defensive strategies are all important factors for assessment.

Student will be graded on a combination of factors including written evaluations, out of class assignments, skill tests, regular attendance and participation. Because skill level and improvement can only be evaluated during class hours, it is mandatory that all students attend regularly. Approximately 40% of the final grade will be based upon active, appropriate participation in the class activities. Students who are late for class or not participating appropriately with the other students will lose points in this portion of their grade. Students dismissed for class for cursing, or inappropriate behavior (taunting, arguing calls, dangerous play, etc) will receive a zero for that day. Any subsequent breach of appropriate behavior will result in dismissal from the course.

Students must be dressed in appropriate physical activity clothing and footwear. Acceptable dress includes sweatpants/ warm-up pants or athletic shorts (no jeans shorts, khaki shorts etc.), tee-shirt or sweatshirt (appropriate for an academic setting) and sneakers. Jewelry of any kind is prohibited. Head coverings will only be permitted for religious purposes.

Your participation grade will be impacted by absences and late attendance. The following represents the maximum points you can earn with absences and late marks.

0-1 absence= 10 points

2 absences= 10 points

3 absences = 6 points

4 absences = 0 points

60 points of your participation grade will be based upon your exercise and skill log. 20days, at 3 points per day, will receive log grades.

After more than 4 absences, students will automatically fail the class.

B. Late Policy

Students arriving between 5 minutes to 15 minutes after the scheduled start of class will be considered late. **Three** late attendances will equal one absence.

Assignment information

All assignments need to match the following criteria

1. Outside assignments will be submitted through Blackboard. Assignments handed in after the beginning of class, until the end of that work day will lose 25%. Late assignments will be accepted up until the beginning of the next class, minus 50% off.
2. Assignment dues dates will be announced in class and posted on Blackboard as the class progresses.
3. Assignments should be formatted correctly for margins and font size. (Margins (should be one inch left and right, .5 inch on top and bottom) and fonts either 10 or 12.
4. Students can set up reminders for all assignments through Blackboard. For assistance with this, please view the short video: https://en-us.help.blackboard.com/Learn/9.1_2014_04/Student/020_Get_Started/050_Notifications
5. All assignments will be graded on both content and writing quality. For assistance with writing, please visit the Writing, Reading and Language Center (<https://cms.montgomerycollege.edu/wrlc-rv/>)

- A. Blackboard – Technology: It is the student’s responsibility to be familiar with how to use Blackboard. If you are unfamiliar with the technology, you should visit the following web addresses to determine if online courses are appropriate for you and to prepare for this course. <http://montgomerycollege.readi.info/>
http://www.montgomerycollege.edu/distance/lessons/students/student_tutorials.html

B. Blackboard –

- B. Technical Issues: If during the course, you experience a technology-related problem with Blackboard, you need to follow the procedures below. Following these correct procedures as soon as the incident occurs may allow you to re-submit an assignment or be granted an extension to a course deadline (if necessary) depending on the circumstances and approval from your professor. If you do not contact Blackboard and provide your instructor with the information below, you will not be able to turn in any assignments after the due date. 1. As soon as the issue occurs, call the Blackboard Help Desk at 240-567-7222 2. Write down the work order number received from the Blackboard Help Desk. 3. Send an email to your professor identifying: the date and time of the phone call, the work order number, the nature of the problem, the steps to resolution suggested by Blackboard and the outcome of the phone call. This email must

be sent within 1 hour of contacting the Blackboard Help Desk. *If in doubt, contact the Blackboard Help Desk if you are experiencing a problem. Students who do not follow the instructions above will not be able to resubmit work in the event of a technical error.

Chromebooks and MacBooks are not compatible with direct uploads to Blackboard. If you are using either of these computers, be sure to follow the directions below:

- Compose your paper in a separate document (i.e. MS Word)
- Save your paper as a .doc, .docx or .rtf file (if you are using MS works, you must save your document as an .rtf file).
- When you have completed and saved your paper, click on “Add Attachment”.
- Click on “My Computer” to browse for the document saved on your computer.
- Once you have found your file, Click “open” – this will attach your file to the drop box.
- Make sure that your file has be uploaded in the proper format (.doc, .docx or .rtf)
- When you are finished, click on the “submit” button.

If you experience technical problems while trying to submit your work, please contact the Blackboard Help desk at 240-567-7222 for assistance. If you are unable to resolve the issue with the Helpdesk, you will need to send an email to your instructor. Follow the instructions outlined in your course syllabus under “Blackboard - Technical Issues” to inform your instructor of the issue.

There are no scheduled make-ups for this class. Students who miss class will not be permitted to make up any missed written or skills, unless the student contacts the instructor 24 hours before the scheduled quiz/exam.

VI. Student Code of Conduct

A. Standards of College Behavior

All students are expected to abide by the Standards of College Behavior as defined in the College’s Student Code of Conduct. Students will conduct themselves appropriately at all times.

The College seeks to provide an environment where discussion and expression of all views relevant to the subject matter of the educational forum are recognized as necessary to the educational process.

- However, students do not have the right to interfere with the freedom of the faculty to teach or the rights of other students to learn, nor do they have the right to interfere with the ability of staff to provide services to any student.

- Faculty and staff set the standards of behavior that are within the guidelines and spirit of the Student Code of Conduct or other College policies for classrooms, events, offices, and areas, by announcing or posting these standards early in the semester.
- If a student behaves disruptively in the classroom, an event, an office, or an area after the instructor or staff member has explained the unacceptability of such conduct and the consequences that will result; the student may be asked to leave that classroom, event, office, or area for the remainder of the day. This does not restrict the student's right to attend other scheduled classes or appointments.
- If the student does not leave, the faculty or staff member may request the assistance of Security.
- The faculty or staff member must communicate with the student about the incident before the next class meeting to resolve the issue. If a second incident occurs that warrants removal from class, the faculty member again communicates with the student and must send a written report about the incident to the Dean of Student Development with a description of the incident and whether or not the incident is being referred to the formal disciplinary process.
- The Dean of Student Development or designated instructional Dean of Workforce Development and Continuing Education should be informed in writing about any situation that should be addressed through the formal disciplinary process. The faculty or staff member will provide the Dean of Student Development with a written summary of the facts or conduct on which the referral is based within 48 hours of the incident for appropriate and effective disciplinary process, which must include the date, time, place, and a description of the incident.

Food and drink, other than water, are not permitted. Students will turn off all cell phones and pagers while in the classroom. No headphones or personal stereos will be permitted. Students who are disruptive during class will be asked to leave, will be marked as absent, and receive a zero on any in-class assignment for that day.

B. Academic Honesty

All students are expected to achieve their goals with academic honesty. Cheating, plagiarism, and/or others forms of academic dishonesty, examples of which are found in the Student Code of Conduct, will not be tolerated. Grade sanctions may range from an

“F” on the assignment in which the dishonesty occurs, to an “F” on a portion of the course grade to a maximum sanction of an “F” in the course. The complete policy regarding academic honesty can be found at <http://cms.montgomerycollege.edu/pnp/#Chapter4>

VII. College wide Policies and Procedures

A. Attendance Policy

Students are expected to attend all class sessions.

In cases involving excessive absences from class, the instructor may drop the student from the class. An excessive absence is defined as one more absence than the number of classes per week during a fall or spring semester; the number of absences is prorated for accelerated sessions.

B. Withdrawal and Refund Dates

It is the student’s responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal. It is recommended that faculty either specify the drop deadline date on the syllabus or provide the student with the following directions. To view specific drop deadlines, log into your MyMC account:

- 1) Click on “My Class Schedule” under Student Quick Links
- 2) Select the current term
- 3) Click on “View Drop Deadline Dates” at the bottom of the page”

C. Audit Policy

All students registered for audit are required to consult with the instructor before or during the first class session in which they are in audit status, and students are required to participate in all course activities unless otherwise agreed upon by the student and instructor at the time of consultation. Failure to consult with the instructor or to so participate may result in the grade of “W” being awarded. This action may be taken by the instructor by changing the “AU” to “W” before the drop with “W” date.

D. Disability Support Services

Any student who needs an accommodation due to a disability should make an appointment to see me during my office hours. In order to receive accommodations, a letter from Disability Support Services (G-SA 189; R-CB 122; or TP/SS-ST 122) will be needed. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at:

www.montgomerycollege.edu/dss.”

E. Veteran’s Services

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College

Web site at www.montgomerycollege.edu/combat2college.

F. Delayed Opening or Closing of the College

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at www.montgomerycollege.edu/emergency.

If a class can meet for 50% or more of its regularly scheduled meeting time OR if the class can meet for 50 minutes or more, it will meet.

G. Communication

Your email account will be an official means of communication between you and Montgomery College. It is recommended that you check this account weekly for official communication from the course. In addition, if you need to send an email to the professor, you must send it through this email address. Any communication sent from a personal email (i.e. yahoo, hotmail or Cox account) will be automatically deleted from the instructor's inbox.

For more information or questions regarding the Montgomery College email system, call the Student Response Center at 240-567-5000 and choose option #2. Or follow the "help" links in My MC for more detailed instructions on using email.

You can auto forward e-mail to an external account. Click on the "help" link in your email window for more information on account forwarding. Just make sure that you log back into the MC email system when replying to any emails.

For school-related correspondence, all e-mails should be written with proper grammar, spelling and punctuation.

VIII. Additional General Information

There are locker rooms available for students to change from their street clothing to workout attire. Students should change in the locker room, and not in the weight room. Students may not leave any personal items in the lockers overnight. Students are

encouraged to bring all valuables with them to class rather than leaving them in the locker room. Thefts occur each semester from the locker room lockers.

IX. Course Schedule

Quizzes and in class assignments will be announced as the class progresses. The final exam will be held the last week of class, not during Finals Week. Please refer to MyMC to check drop and withdrawal dates.