

## PDP GS 190 Low-Intermediate Volleyball

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Meets once per week: 1.0 Credit

### Course Description:

Intermediate class intended for those who completed the Beginners Volleyball PDP course or **have had** exposure to competitive volleyball. **Students are expected to be able to serve/pass/set consistently, be able to hit roll shots**, and be familiar with the 4-2 rotation. Basic skills are briefly reviewed and practiced, but students are expected to already be familiar and consistent with them.

Various offenses and defenses (5- 1 and 6-2) may be taught and incorporated into class scrimmages (Doubles, 3 on 3, 4 on 4, or 6 on 6). Class time will be primarily spent on implementing skills during scrimmages. [Continuation of Beginner Volleyball]

(If unsure about which level you belong in, we would prefer you to select one level lower first and then go up rather than the opposite. Feel free to ask the instructor on the first day of class as well.)

***Students are highly encouraged (optional) to make an Intramurals team or to practice outside of class as well.***

### Required Equipment:

Students are required to dress in light, comfortable clothing & shoes that are appropriate for an activity class & indoor gym play. No dress clothes or shoes or blue jeans will be permitted. Students will not be allowed to participate if appropriate clothing and/or footwear is not worn. This will count as an absence, even if the student is present.

### Learning Outcomes:

Students will:

1. Develop and refine skills needed to participate in volleyball as a lifetime activity.
2. Demonstrate the techniques in changing positions and how to set up offensive and defensive plays.
3. Demonstrate the proper position and court coverage while playing.
4. Demonstrate the proper techniques of the underhand, overhead topspin and float serves.
5. Demonstrate the proper use of ball handling, bump passing, setting, spiking, and blocking.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 70% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall

GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

**F- Fail:** It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

### **Attendance Policy & Make-Up Classes:**

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. We also **only meet once a week**, so it is very important to miss none of the classes if possible. You will need an **80% attendance** record to receive a passing grade. You are allowed **3 absences**. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of volleyball.

Please contact Aaron Ho, Volleyball Instructor, if you plan on attending a section of volleyball so that he can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

### **Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

### **Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

### **Schedule:**

<b>Week 1</b>	Introduction to Course/Volleyball Skill Evaluation(Peppering/Hitting Lines,King of the Court (KOTC)), Play (4-2, 5-1, 6-2 Rotation, or 7-Man Style Depending on Students), Two Touch
<b>Week 2</b>	Warm up, Passing Review/Overhand Set Review (Spider Corners for both), Play Two Touch, KOTC, Play
<b>Week 3</b>	KOTC, Rollshot/Hitting Review (Spider for Roll Shots)
<b>Week 4</b>	KOTC, Serving Review (Top Spin, Float, Jump Float), Play, (TT)
<b>Week 5</b>	KOTC, Play Volleyball Tipping, Diving, and Blocking, (TT)
<b>Week 6</b>	KOTC, Play Volleyball (Poll Students on What Skill to Work On) (TT)
<b>Week 7</b>	KOTC, Play Volleyball (TT)
<b>Week 8</b>	KOTC, Play Volleyball (Free ball, No block, 1 Block, 2 Blocks
<b>Week 9</b>	KOTC, Play Volleyball
<b>Week 10</b>	KOTC, Play Volleyball
<b>Week 11</b>	KOTC, Play Volleyball
<b>Week 12</b>	KOTC, Play Volleyball
<b>Week 13</b>	KOTC Volleyball Tournament
<b>Week 14</b>	KOTC Volleyball Tournament + Last Two Touch

Doubles, 3s, 4s, 6s, 7s may all be played depending on skill level and what skills need refining.