**Syllabus / Course Outline HPED 105 Volleyball**

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| **Course Name: Volleyball**  |
| **Course Code: HPED 105** | **Course Type (elective)** | **Course Credits: 1** |
| **Class Timings: 16:00-17:00**Tuesday – Thursday  | **Section: B** | **Student Meeting Hours/ Office Hours: 10:00 -12:00 Monday to Friday** |
| **Instructor Name: Shahzad Nazir** |
| **A Note from the Instructor:**Students will learn different volleyball basic skills like passing, blocking and smashing. Also learn about warm up, cool down exercises and stretching exercises. Students will learn a sense of preparedness for the future. Students develop self-discipline, motivation and leadership skill that they will need to succeed in building a purposeful life. Always give instructions positively. While given instruction be clear and concise. Show athletes the correct techniques (demonstrate) reinforce efforts and progress. Student can improve cardiovascular health, Help manage weight, Low risk of heart disease stroke and diabetes. Enhance aerobic fitness improve muscular strength and endurance. Improve joints flexibilities and range of motion, stress relief. |
| **Instructor Contact Details****Email:** shahzadnazir@fccollege.edu.pk**Mobile:** 0300-9472665**Office Hours:** 10:00 to 12:00, Monday to Friday |
| **Course Description:**Pre-requisites: (Students must be physically and medically fit)The game of Volleyball is combination of passing, blocking and smashing. It involves technique of serve, pass, set, smash and block. All these activities have often to be performed at strength, endurance and agility. It is team game and the players have to work together in offence or defense. |
| **Main Mode of Instruction:** *(Moodle, Zoom, Practical on field, class, whatsapp group)***Technology Requirements** Volleyball Court & Athletics Track / AV-aids |
| **Course Objectives/ students learning outline (SLOs):**1. The objective of this course is to introduce Volleyball game to the students.
2. The course aim is to equip them with necessary skill and knowledge of Volleyball.
3. The students will also be introduces to the skill of service, smashing and blocking.
4. The objective of this course is to inculcate the skills of Volleyball, to equip them with the necessary rules and techniques of Volleyball. The students will also be furnished with good gaming and winning techniques.
5. Explain the positive effects of physical activities on human body.
6. Explain the competition rules that govern Volleyball game.
7. Demonstrate the perfection of basic skills of Volleyball
8. Show improved physical fitness.
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**Course contents, Learning Material & Activities Schedule**

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| **Wk**  | **Topic/ Title**  | [**Teaching-Learning Activities: Replacing Traditional Modalities With Remote Options**](https://docs.google.com/document/d/1jY2UWb3QuOogkiSMdPvZd33eKe2kRpfzsTm2LSrnLko/edit#heading=h.4dy4q49omahn)  |
| **Synchronous****(Simultaneously conducted)***Presentation / Lecture* *Live Video-Audio**Small-Group Discussion/ Breakout Rooms**In-class quiz**Q&A/ Live Chat* | **Asynchronous**(postal/ Moodle/ email)*Discussion blogs* *WhatsApp**Readings**Moodle Quizzes**Assignment Submission* *Online Content/ Recordings**Lecture notes/ Annotated PPT**Experiential learning* |
| In-Person | Online | Off-campus and offline |
| 1 | Importance of physical fitness to long-term health. | Practical on Field | Moodle | Moodle |
| Physical fitness Importance of Warm Up | Practical on Field | Moodle | Moodle |
| 2 | Theory – Introduction of Volleyball Rules and regulation. | Practical on Field | Moodle | Moodle |
| Practical – General Exercise | Practical on Field | Moodle | Moodle |
| 3 | Difference between Aerobic and Anaerobic | Practical on Field | Moodle | Moodle |
| Practical – fundamental skills of Volleyball | Practical on Field | Moodle | Moodle |
| 4 | Practical: introduction of services | Practical on Field | Moodle | Moodle |
| Under Hand Service | Practical on Field | Moodle | Moodle |
| 5 | Practical: Over Head Service or Tennis Service | Practical on Field | Moodle | Moodle |
| Practical: Over Head Service or Tennis Service | Practical on Field | Moodle | Moodle |
| 6 | Theory: General Rules of the game  | Practical on Field | Moodle | Moodle |
| Practical: Over Head Service or Tennis Service | Practical on Field | Moodle | Moodle |
| 7 | Practical: Smash service  | Practical on Field | Moodle | Moodle |
| Practical: Smash service  | Practical on Field | Moodle | Moodle |
| 8 | Practical: Blocking | Practical on Field | Moodle | Moodle |
| Practical: Digging or Passing | Practical on Field | Moodle | Moodle |
| 9 | Practical: Boosting / Setting | Practical on Field | Moodle | Moodle |
| Practical: Smashing  | Practical on Field | Moodle | Moodle |
| 10 | Practical: Smashing | Practical on Field | Moodle | Moodle |
| Game Practice | Practical on Field | Moodle | Moodle |
| 11 | Game Practice | Practical on Field | Moodle | Moodle |
| Practical: Blocking | Practical on Field | Moodle | Moodle |
| 12 | Practical: Digging or Passing | Practical on Field | Moodle | Moodle |
| Game Practice | Practical on Field | Moodle | Moodle |
| 13 | Game Practice | Practical on Field | Moodle | Moodle |
| Practical: Smashing / Blocking | Practical on Field | Moodle | Moodle |
| 14 | Practical: Boosting / Setting | Practical on Field | Moodle | Moodle |
| Practical: Digging or Passing | Practical on Field | Moodle | Moodle |
| 15 | Game Practice | Practical on Field | Moodle | Moodle |
| Practical: final Exam Skills  | Practical on Field | Moodle | Moodle |

**Course Requirements:**

Students must be physically and medically fit.

The breakup is as follows:

**Class Participation: 20**%

**Final Exam Practical: 80%**

**Total: 100 %**

**Attendance Policy:**

Students must fulfil the requirement of 80% attendance to appear in the Final Exam.

 Students are expected to attend each class. However, it is understandable that there are times when students may miss an occasional class.

 There are **NO EXCUSED ABSENCES** under this policy. All absences are counted, regardless of the reason for the absence, except for illness and other personal reasons. (With proof by documentation)

 Students are responsible for keeping track of the number of their absences. The instructor is not required

to notify a student orally or in writing if the student has excessive absences.

* Students who do not meet the **required attendance policy of 80 %** in the course, will not be able to appear in the **Final Exam**.

**CLASS LATENESS:**

 Student should not be late than five minutes according to the class timings.

• If a student is coming late in class ( i.e. more than five minutes), the student will be considered absent.

• No attendance will be marked after the first ten minutes of class.

**LEAVE POLICY:**

 Student must submit the LEAVE APPLICATION to the instructor before the leave or on the very next day when the student returns to the class, after the absence.

 No Leave will be marked after the certain date as mentioned above.

 It is not the responsibility of any student to ask the instructor to mark leave for another student if he/she is

absent from class. Such information will not be considered as Leave.

**CLASS PARTICIPATION POLICY:**

Attendance

(20 MARKS)

This will be considered as an important component of evaluation and grading. Therefore, lack of attendance may influence the student’s ability to do well in the course where participation is highly valued.

• There will be a final evaluation and grading of 20 Marks for the attendance throughout the course.

• Leaves will not be counted as Present in the Final Evaluation of 20 Marks.

**Grade Determination & Course Assessment as per FCCU Policy:**

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogs and available on the FCCU website) as approved by the Academic Council

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| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |