I. COURSE TITLE: PED 114 **Water Volleyball** (water depth 3 1/2'- 6') 1 hour PED credit

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II. PREREQUISITES: Healthy joints required for contact with the volley ball. Swimming ability required since the volley court depth is 3 1/2'- 6'. Water shoes required for traction, comfort, and safety.

III. COURSE DESCRIPTION: This course is outlined to combine fitness and fun with competition, and is an effective alternative to traditional activity class formats. A water volleyball net is strung across the shallow end of the pool. Students enjoy leaping from the water as they soar into the air to slam the ball down in the opposite court, and love the support of the water as they crash downward. In water jumping is easy, moving and changing directions is more of a challenge, and volleyball can be played as nowhere else. Natural qualities of the water provide a safe way to play volleyball while each student exercises to receive benefits of the activity. Water Volleyball can be played with a minimum of six students to a maximum of 15 students by changing boundaries.

IV. RATIONALE: This course is compatible with the mission of Mississippi College, a Christian College, because of the value placed on stimulating physical development. Water volleyball is an anaerobic activity and is a refreshing break from sand, sweat, and impact. It combines jumps, stretches, dives, water running, and quick starts in order to make contact with the lightweight ball. This course increases muscular activity and flexibility which enhances physical fitness. This course also teaches speed, agility, balance, and coordination which are the 4 most successful things to learn in the water. Excitement is a part of every game. This course promotes team cooperation, enthusiasm, and strategy while encouraging the following benefits listed in the AKWA and the AEA Aquatic Fitness Research Journal:

A. Exercising in water improves anaerobic capacity.
B. Impact to the body while exercising in water is less since body weight is reduced depending on the depth of the water; waist deep by 50%, chest deep by 70%, shoulder/neck depth by 80%-90%. Risk of injury is minimal.
C. Exercising in water promotes muscle conditioning in strengthening and toning muscles pairs through jumps, quick starts, and running.
D. More energy is required to move in water since water is 800 times heavier than air.
E. Blood circulation is improved through exercising in water.
F. The principles of the water help to increase flexibility and range of motion for land sports.
. G. Stress is relieved not only through the water exercise but also by simply having fun.
H. After several weeks of pushing muscles through the swirling water to make contact with the volley ball, the student will notice an increase in their response time as they play sports on land.

V. LEARNING OBJECTIVES AND OUTCOMES: Upon course completion a student will:

A. Have developed a skill for cooperation and team work which is a lifetime necessity.
B. Have improved endurance level and increased performance skills during land activity.
C. Have developed a technique for stress release.
D. Have had an opportunity to develop interpersonal relationships while providing fun and enjoyment during this course.
E. Have improved body functions through physical fitness in shallow water.

VI. ACADEMIC INTEGRITY: It is expected that a student attending Mississippi College will be scrupulously honest. Therefore, plagiarism and cheating will be dealt with in accordance with the policies of the university. These policies are stated in the current Undergraduate Bulletin, Policy 2.19.

VII. COURSE TOPICS: The major topics to be considered are:

A. Shallow water volleyball benefits
B. Aquatic temperatures
C. Aquatic chemicals

VIII. INSTRUCTIONAL METHODS: Instructional procedures will include:

A. Explanation of shallow water volleyball rules and benefits, aquatic temperatures, and chemicals.
B. Demonstration of proper body alignment and movement during play for jumps and quick starts.
C. Demonstration and explanation for use of the following types of equipment:
   1. Cuffs
   2. Webs
   3. Bells
   4. Seahorse
   5. Buoyancy belt
   6. Water steps
   7. Hydrorider professional bikes (water shoes required)
D. Determining the body's breathing rate related to exercise intensity through the Rate of Perceived Exertion (RPE) scale with explanation of warning signals alerting the body to slow down.
E. Explanation of a water walk assessment which will be administered at the beginning and end of the semester to determine gains in water fitness. Private appointments may be set to assess student progress.
F. A sample of the following will be demonstrated and explained during mid semester for the student to have a well rounded Water Fitness education of vertical exercises to be used for volume training: Water Walking, Water Aerobics, Deep Water Running, Liquid Abs, Oodles of Work, Aqua Power Step, Splash Plyometrics, and Dynamic Stretching.
G. Proper breathing techniques will be discussed.
H. If lightening is occurring during class time or the pool is experiencing equipment problems, the class will meet on deck for a stretching program which include water fitness messages using caricatures.
I. During any emergency, follow the directions of the lifeguard, such as: if alarm sounds, all must exit building.

IX. ASSIGNMENTS:

Students will complete a medical health questionnaire on the first day of class. Private appointments will be set if necessary. For safety purposes, differentiation must be made for pool space and type of equipment with the following considerations:

A. Height of individual.
B. Novice swimmer vs advanced swimmer.

This will be accomplished during the first class meeting by discussion and explanation.

A Water Walk Assessment will be administered at the beginning of the semester to establish a comparison factor for the second one given during the latter part of the semester.

X. EVALUATION: Class participation is required. Evaluation will be based on recorded attendance, participation, assessments, etc. The student will receive a grade of Credit or No Credit for the course. **Non-participation in water exercises will not be condoned without a doctor's or instructor's**

approval.

XI. OTHER COURSE INFORMATION:

A. FITNESS TEST/SKILLS ASSESSMENTS: A water walk assessment will be administered at the beginning of the semester to establish a comparison factor for the second one given during the latter part of the semester.

B. ABSENCES: During fall and spring semesters a student is allowed two (2) absences for activity classes. Should a student obtain the third absence, he/she will not receive credit for the course. A limited number of make-ups will be allowed for emergencies. See the instructor for schedule.

C. SPECIAL ACCOMMODATIONS: In order for a student to receive disability accommodations under Section 504 of the Americans with Disabilities Act, he or she must schedule an individual meeting with the Director of Student Counseling Services **immediately upon recognition of their disability** (if their disability is known they must come in before the semester begins or make an appointment **immediately** upon receipt of their syllabi for the new semester). The student must bring with them written documentation from a medical physician and/or licensed clinician that verifies their disability. If the student has received prior accommodations, they must bring written documentation of those accommodations (example Individualized Education Plan from the school system). Documentation must be current (**within 3 years).**The student must meet with SCS **face-to face** and also attend two (2) additional follow up meetings (one mid semester before or after midterm examinations and the last one at the end of the semester). Please note that the student may also schedule additional meetings as needed for support through SCS as they work with their professor throughout the semester. Note: Students must come in **each semester** to complete their Individualized Accommodation Plan (example: MC student completes fall semester IAP plan and even if student is a continuing student for the spring semester they must come in again to complete their spring semester IAP plan). Student Counseling Services is located in Alumni Hall Room #4 or they may be contacted via email at MBryant@mc.edu or RWard@mc.edu . You may also reach them by phone # **601-925-7790.**

D. Tuition refunds will not be made to students who drop a class after the first week.

XII. INSTRUCTIONAL MATERIALS AND BIBLIOGRAPHY:

Text: None

Contemporary reference books:

Aquatic exercise association manual. (2012). Nokomis, FL: AEA.
Alexander, Christine. (2011). Water Fitness Lesson Plans and Choreography. Human Kinetics.

Classic reference books:

Baum, G. (1991). Aquarobics. London: Arrow Books Unlimited.
Baum, Glenda. (1998). Aquarobics-the training manual. W.B. Saunders.
Casten, C. (1994). Aqua aerobics today. St. Paul, MN: West.
Gibson, Terry-Ann Spitzer and Hoeger, Werner W. K. (1999). Water for fitness and wellness.
(1988). Soft workouts. Alexandria, VA: Time-Life Books.
Spritzer, T., & Hoeger, W. K. (1990). Physical fitness: The water aerobics way.

DVD's:

Milling, Pamela G. (2012). When water moves miracles happen
1. Aqua power step.
2. Athletic conditioning.

3. Deep water running.
4. Water aerobics.
5. Water walking.

PUBLICATIONS:

Milling, Pamela G. (2012. April). Bone density revelation. www.aeawave.com/news&more/healthynews.
Milling, Pamela G. and Ward PhD. Rob. (2011. April/May). Water fitness for athletes education an and performance benefits. AKWA magazine.
Sova, R. (1992. December). Water walking. AKWA letter.
Sova R. (1991. February). Why use rpe? AKWA letter.

WEBSITE:

http://www.mc.edu/water-fitness
http://www.mc.edu/quicklinks/facultyhomepages/pamelamilling

RATE OF PERCEIVED EXERTION (RPE) SCALE

Imagine a scale from 0 to 10 which represents one's breathing rate and measures the intensity of the activity.

0	1	2	3	4	5	6	7	8	9	10

0 Total rest or sleeping; unaware of breathing. You will not experience this level during exercise.

1 Reading a book or sitting at your desk; unaware of breathing. You will not experience this level during exercise.

2 Getting dressed or taking a shower; unaware of breathing. You will not experience this level during exercise.

3 Walking to the other end of the house; slightly aware of breathing. You may experience this in the beginning of warm-up.

4 Walking a very short distance, breathing slightly elevated. Experience this level during warm-up.

5 Walking around the block or to a near-by store; breathing elevated but can carry on a conversation. Experience this level at the end of warm-up.

6 Continuing to exercise briskly while breathing becomes deeper but you're feeling good. Experience this level in the beginning of your aerobic session.

7 Exercising vigorously; breathing is heavier with a slight feeling of fatigue. Carry this level as long as you can comfortably during your aerobic session in order to reach maintenance.

8 Exercising very vigorously; breathing is much deeper with a feeling of fatigue. To become comfortable in this level, push to it for short periods after maintaining level 7. In maintenance, this difficult aerobic level produces rapid results.

9 90% workout; exercising very vigorously; breathing is labored; body fatigued. Some push to this level for very short periods after achieving level 8. This level difficult and should not be maintained.

10 100% workout; you feel as if you cannot catch your breath. Exercising too hard.

SPECIAL WATER VOLLEYBALL RULES at ALUMNI POOL

1. Tournament play may have 5-6 Mississippi College students on each team. PED 114 may have 3-8 students on each team.

2. Shallow and deep end teams change sides when the combined score

total is a multiple of 7; such as 7 points, 14 points, 21 points, 28 points.

3. **The ceiling (flat panels or the small rod triangles), beams (all parts), sprinkler pipes, and A/C cylinder over the water court are considered team "players" and count as 1 attempt when touched by the ball. If the ball touches the ceiling, beam, and pipe in succession, all 3 attempts are taken away. If the ball bounces on the beam several times during a serve or volley, it will only count as 1 attempt. Flags are not team players, and do not take away attempts. The deep end has 3 "players" above the water court and the shallow end has 4 "players" above the water court (additional player is the A/C cylinder).**
4. **Water Volleyball is played with a 20" inflatable lightweight beach ball to avoid injury or blood in the water.**
5. **Captains must use psychology and lose in the Paper-Rock-Scissors since the winner of P-R-S will begin playing the game in the shallow end. The serve will always begin in the deep end.**
6. **The yellow rope forming the deep end boundary is placed at the end of the 29th tile square from the end of the "No Diving" sign on deck. The shallow end boundary is the vertical part of the silver above the skimmers surrounding the pool. If the ball lands on top of the skimmers it is within the water court.**

7. **Only 1 serve per person, per serve rotation. Servers continue to serve as long as points are made (points can only be made while serving). Serve rotation occurs at the beginning of a serve.**
8. **The serve box is located behind the sprinkler pipe on both courts.**
9. **When serving, if the ball hits "players" above the same water court as**

the server, then it is an automatic side out. Serves cannot be assisted.

10. **When a serve hits the "players" above the opposing water court and the ball falls directly back into the serving court, the ball is now in volley and the serving team has 3 attempts to return the ball into the opposing court.**
11. **When a serve hits one "player" above the opposing water court the opposing team has only 2 attempts remaining to return the ball into the serving court.**
12. **A net serve occurs when the ball touches the any part of the net (front, top, or back side) during a serve and is automatic side out.**
13. **The game end can be 15-13; however, the winning team may need to score more than 15 points to win since they must always win by 2 points. More than 15 points is needed to win if the disadvantage team reaches 14 points.**
14. **Types of Serves:**

    A. Ace Serve: An ace serve counts as 2 points. Ace serves hit the water in the opposing court before an opposing player touches the ball. Ace serves are not allowed once a team scores 14 points.

    B. T-Ball Serve (Tyler Ball Serve): The ball is placed in the water & the server's hand slices under the ball (between the ball and the water) hitting the ball over the net into the opposing court.

    C. Spinner Curve Serve: The ball is tossed above the server's head and hit by their hand to put a spin and curve on the ball to drop into the opposing court. The ball can fly over the deck and curve into the opposing water court as long as the ball does not touch an out-of-bounds area.

    D. Line Drive Serve: The ball is held above the server's head as they

jump and hit the ball in a line drive to drop quickly downward in the opposing court.

E. Ceiling/Pipe/Beam Ricochet Serve: The ball is thrown above the head and hit upward to touch the opposing team's ceiling or pipe or beam. If the ball is touched by a "player" it cannot be an ace serve worth 2 points.

F. Swan Serve (Dusty Swanberg Serve): The server stands on the steps in the shallow end or the ladder in the deep end to serve, but their feet must remain in the water during the serve.

G. Overhead Toss (Mark Regan Serve): The server uses both hands holding the ball overhead and quickly tosses the ball over the net into the opposing court.

H. Backward Kick: The server turns their back to the net, tosses the ball upward, and kicks the ball over the net into the opposing court.

I. ABC Pitch & Serve (Brett Alred, Thomas Ballard, Jordan Cummings Serve): Player A pitches the ball to player B, and player B pitches the ball to the server (player C). Player C hits the ball over the net into the opposing court.

J. Burke Serve (Matthew Burke Serve): The server bounces the ball off of their head, and the ball goes over the net into the opposing court.

K. Disadvantage or Mercy Serve: The losing (disadvantage/mercy) team gains the serve when the opposing team reaches game point service (14 points). The disadvantage team can win during the disadvantage serve but they must win by 2 points. The opposing team with 14 points must play defense to regain the serve and win. There is only one disadvantage or mercy serve per game.

15. Personal Penalties:

A. Player places finger/hand over net. This potential double penalty reduces the team's score by 1 point penalty and if serving, the team loses the serve. If a team has no points when this 1 point penalty occurs, the team's score will be a - 1; and therefore, they must make 2 points to make their score a + 1.

B. Splashing opposing players while the ball is in volley is not allowed. This penalty reduces the offending team's score by 1 point.

16. The ball is out when:

A. It touches the silver before it touches the water.

B. It touches the ladder rails mid-pool, 2 hand rails in the shallow end, overhead light rails, deck, deck poles holding the net above the water, or any part of the ceiling located directly over the deck.

C. It touches the boundary line before it touches the water.

17. Dead fish game (skunk): When the score is 10-0 the losing team gets a disadvantage serve and moves into the shallow end. If a point is made then the game continues in disadvantage as long as points are being made. Disadvantage can win the game at 12 points with the serve never returning to the team that has 10 points. If a point is not made by the disadvantage team to bring the score to 10-1 then it is an automatic win for the other team at 10–0.

18. During play each team may touch the ball only 3 times to get ball back over the net:

A. The ball may NOT be touched consecutively by the same player.

B. Body contact (any part of the body above the surface of the water) with the ball counts as 1 attempt.

19. During a volley, the ball can be played off the ceiling, beams, pipes, and

cylinder within the water court as long as attempts total 3 or less.

20. **During a volley the ball must be hit quickly and cannot be held. When the ball lands in the water it is no longer in play.**
21. **If the ball hits the ceiling/beam/pipe and richochets to an out-of-bound area then it is out on the side where it hit the ceiling/beam/pipe.**