

Lecture Guide Week #1

ACSM Risk Stratification – purpose is to identify and classify individuals with medical conditions before involving them in physical activities. **AMERICAN COLLEGE OF SPORT MEDICINE**

Categories:

- 1) **Low risk** is younger individuals with 1 cardiovascular risk factor. Medical clearance is not necessary.
- 2) **Moderate risks** are those individuals with 2 or more cardiovascular risk factors. These risk factors include age, obesity, lack of physical activity, smoking, abnormal lipid profile, hypertension, and abnormal blood glucose. They can start with minimal exercises. They need medical clearance if they will be proceeding with more vigorous activities.
- 3) **High risk** if they have a current cardiac, pulmonary, or metabolic condition or signs and symptoms of a cardiopulmonary condition. In physical therapy practice, cardiovascular risk stratification can be captured from a medical screening assessment form, patient interview, and resting heart rate measurement and blood pressure. Medical clearance is necessary before involving themselves in any physical activities.

Volleyball

Volleyball is a non-invasive sports game of a net type where there are two competing teams of six members who control the ball with parts of their body. There are both offensive and defensive tasks and one game event may result in both winning and losing points.

History and Development of Volleyball

The game was an indoor game called "mintonette" created by William J. Morgan on February 9, 1895 at the Young Men's Christian Association (YMCA), Holyoke, Massachusetts. Morgan decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball.

From 1970 to the present, Volleyball became big business. Many of the rules from 1970 to the present differed between Federation (High School), National Association of Girls and Women in Sports, which has now been replaced by the NCAA, USA Volleyball and other amateur and professional associations. Each Association rulebook needs to be studied.

- **1896** - The game was called volleyball after Alfred Halstead observed its nature

during the first exhibition in Springfield, YMCA.

- **1916** - Set rules for men was formulated
- **1922** – YMCA conducted the first National Championship in volleyball
- **1924** – Rules for girls' volleyball were published
- **1947** – Federation Internationale of Volleyball (FIVB) was founded
- **1949** - First World Championship for men was held
- **1953** - First World Championship for girls was held
- **1964** - The game was added to the program of the Olympic Games
- **2000** - Federal Republic of Yugoslavia beat Russia in the gold match in 2000 Olympic Games
- **2004** – Brazil won its second volleyball gold medal in the 2004

Facilities and Equipment

1. **Court** - playing court measures 18m x 9m. CENTER LINE. The axis of the center line divides the court into two team courts measuring 9m x 9m each. LINES. All lines on the court are 5cm (2") wide.
2. **Net and Posts** – The net has a height of 2.24m for women and 2.43m for men. The post is 2.55m high and preferably adjustable.
3. **Ball** – circumference is 65 – 67cm and weighs 260 – 280g. As per the FIVB regulations state that the ball must be spherical, made of leather or synthetic leather, have an inside pressure of 0.30 – 0.325 k

Indoor Volleyball Court Dimensions

- **Boundary lines** mark the perimeter of the court. The end lines mark the length of the court, and the sidelines to mark the width of the court.
- **The Attack line** is the line that separates the front court (the area near the net) and the back court (the area between the attack line and end line).
- **The Service area** is the area beyond the service line where players serve the ball.

Player Specialization

1. **Setter** – is the only player who will run toward the net once a teammate digs the ball, since everyone else moves away from the net to prepare to hit.
2. **Opposite Hitter/ Right Side Hitter** – at a high level, usually there is one setter on the court at a time and the person across from them on the court is called the "opposite" or "right side". If there are two setters, the one in front row plays as a right-side hitter or one will sub out for a right-side hitter.

Lecture Guide Class Ix

KJ Lindholm-Leary



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