

Volleyball Conditioning  
PE-40C-54048 Spring  
Semester 2024 M-F  
11-1:50pm Reedley  
College

Instructor: Kim Locklin  
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Description:

This course is designed to develop the student using volleyball conditioning principles. Skills training, cardio-endurance and doubles strategy will be emphasized, along with proper decision making and game poise development.

Course Objectives:

1. For students to be able to improve their volleyball skills; passing, setting, attacking, serving, blocking, and digging, while building muscular endurance.
2. For students to learn and apply the necessary mental focus during each workout.
3. For students to leave the class with a better understanding of the conditioning and agility required to play the game at an elite, intercollegiate level.
4. For each student to receive a workout each time the class meets.

Course Rules:

1. Regular attendance and participation is necessary to complete the class with a passing grade.
2. Proper athletic wear attire is required for each class meeting.
3. Report all injuries immediately.

Course Requirements/Grading:

❖ The student's final grade in the course will be based on the following:

**Participation:** Active participation during each class session

**Attendance:** Each class session missed will result in a loss of points towards final grade

**Assessments:** Periodic assessments will be given by the instructor to ensure the student's progression in the class

**Mid-term:** TBD

**Final:** TBD

Accommodation Statement:

If you have a verified need for an academic accommodation or materials in alternate media (i.e Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.