

**VOLLEYBALL**  
**PE 14**  
**FALL 1998**  
**REEDLEY COLLEGE**

**INSTRUCTOR:** SHANNON VESSUP  
**OFFICE:** PE 319  
**PHONE:** 638-0344  
**OFFICE HOUR:** MW 11am T 10am

**DESCRIPTION:**

This course is designed to acquaint the student with the basic skills of volleyball. The skills covered will be passing, setting, spiking, serving, blocking, and digging. Offensive and defensive strategies will be incorporated into game play.

**COURSE OBJECTIVES:**

1. For students to be able to acquire the basic skills of passing, setting, attacking, serving, blocking, and digging, which are necessary in volleyball.
2. For students to learn and apply the necessary rules and regulations in the sport of volleyball.
3. For students to leave the class with an appreciation for the game of volleyball as a lifetime activity.
4. For each student to receive a good workout each time the class meets.
5. For students to have fun!

**COURSE RULES:**

1. Attendance is very important. Three points will be deducted for each absence.
2. Roll will be taken at the start of the class period. If you are more than 15 minutes late, you will receive an absence for the day.
3. Proper gym attire will be worn (ie sweats, shorts, T-shirt, tennis shoes without black soles).
4. Lockers are available in the P.E. locker rooms.
5. Report all injuries immediately.

**COURSE REQUIREMENTS:**

**Participation:** One half of your grade is based on participating during each class session.

**Pre-test:** A skills test will be given August 27<sup>th</sup>, covering the basic skills involved in volleyball.

**Post-test:** A 2<sup>nd</sup> skills test during the 2<sup>nd</sup> week of December.

**Mid-term:** Written exam on October 14<sup>th</sup>, covering material presented in class and in the volleyball handbook.

**Final Exam:** Written exam in December; date to be announced.

**GRADING:**

1. Participation - 100 POINTS
2. Skills test - 25pts each pre-test and post test
3. Written Exams - 25pts each Mid-term and Final
4. Grade Determination:
  - 200-180 = A
  - 179-160 = B
  - 159-140 = C
  - 139-120 = D
  - 119- = F

**PHYSICAL DISABILITIES:**

Any students having physical disabilities must report them to the instructor in writing to prevent injury.

**IT IS THE STUDENT'S RESPONSIBILITY TO UNDERSTAND THE DROP POLICY AS WRITTEN IN THE SPRING CLASS SCHEDULE.**

- **October 16<sup>th</sup>**, last day to drop, without a letter grade Being assigned.



# KRCC PHYSICAL EDUCATION SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a "concepts" approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

**DEPARTMENT CHAIR:** Michael White

**DEPT. OFFICE** 312 /Ext 360

**COURSE #:**

**COURSE TITLE:**

VOLLEYBALL

**COURSE DESCRIPTION:** Instruction in skills, techniques and strategies of Volleyball. Students may take any activity course at all levels (a,b,c,or d) in any combination a total of 4 times.

**INSTRUCTOR:**

**OFFICE #** /Ext

**COURSE OBJECTIVES:**

**REQUIRED MATERIAL(S):** Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee. Appropriate attire and footwear must be worn for each activity class.

**INJURY/DISCLOSURE:** Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

**ATTENDANCE POLICY:** You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." 90% participation = A, 80% participation = B, 70% participation = C, 60% participation = D, 50% participation = F. (% of total possible student contact hours per semester.)

**WRITTEN TESTS:** There will be a minimum of two (2) written tests.

**SKILLS TESTS:** There will be a minimum of two (2) skills tests.

**HOW YOUR FINAL GRADE WILL BE CALCULATED:**

Participation. . . . .	50%
Written Tests. . .25%	Skills Tests. . .25%
	= 100%

**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences, within the first 9 weeks of instruction.