

VOLLEYBALL THEORY  
PE 40A  
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 requirements of volleyball conditioning. Weight training and Plyometrics will be emphasized, along with multiple skill drills in a competitive environment.

**COURSE OBJECTIVES:**

1. For students to be able to improve their volleyball skills; passing, setting, attacking, serving, blocking, and digging, while building muscular strength.
2. For students to learn and apply the necessary mental concentration during overload drills.
3. For students to leave the class with a better understanding of the conditioning required to play at an elite intercollegiate level.
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:** Strength test will be given during the first week of class, covering the basic muscles involved in volleyball.

**Post-test:** Strength test during the 1st week of December.

**Mid-term:** Written exam the week of October 13th, covering material presented in class.

**Final Exam:** At end of the semester; 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, is the last day to drop this class without receiving a letter grade. Any drops after this day will receive a grade.

**TIGER VOLLEYBALL**  
 Pre Season Weight Training  
 July 7 - August 31

Record the actual weight you lift for each exercise.

Player's Name: \_\_\_\_\_ Week# \_\_\_\_\_ Dates \_\_\_\_\_

<b>Exercise</b>	Mon Set#1	Mon Set#2	Mon Set#3	Wed Set#1	Wed Set#2	Wed Set#3
<b>Upper Body</b>						
Bench Press	10x	6x	4x	10x	8x	6x
Incline Press	10x	6x	4x	10x	8x	6x
Lat Pulldowns	10x	6x	4x	10x	8x	6x
Standin Rows	10x	6x	4x	10x	8x	6x
Lateral Raises	10x	6x	4x	10x	8x	6x
Tricep Ext.	10x	6x	4x	10x	8x	6x
Bicep Curls	10x	6x	4x	10x	8x	6x
Bar Dips(10-12)	10x	6x	4x	10x	8x	6x
<i>PULL UPS X 5</i>						
<b>Lower Body Exercises</b>						
1/4 Squats	10x	8x	6x	10x	8x	6x
Leg Extension	10x	8x	6x	10x	8x	6x
Leg Curls	10x	8x	6x	10x	8x	6x
Lunges	10x	8x	6x	10x	8x	6x
Deadlift-c grip	10x	8x	6x	10x	8x	6x
Calf raises	10x	8x	6x	10x	8x	6x

**IMPORTANT:** This workout program is designed to build muscular strength. The first set should be done at 75% of your maximum. The weights should be increased 5# for each of the following sets.

**\*\*\*\*\* YOU WILL NEED A SPOTTING PARTNER!!!!!!**