

**OFF SEASON CONDITION/VOLLEYBALL**  
**PE 40C**  
**SPRING 2000**  
**REEDLEY COLLEGE**

**INSTRUCTOR:** SHANNON JEFFERIES  
**OFFICE:** PE 319  
**PHONE:** 638-0344  
**OFFICE HOUR:** Monday/Wednesday 11:00 Tuesday 10:00

**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 strenght.
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 at the Equipment room.
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 Jan 17, 2000, covering the basic muscles involved in volleyball.

**Post-test:** Strength test on May 3, 2000.

**Mid-term:** Written exam the 2nd week of March, covering material presented in class.

**Final Exam:** At end of the semester; date to be announced.

**GRADING:**

1. Participation - 100 POINTS
2. Strength 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.**

- MARCH 10, 2000 last day to drop without it appearing on your transcript.

**\* IT IS THE STUDENTS RESPONSIBILITY TO UNDERSTAND THE DROP POLICY WRITTEN IN THE CLASS SCHEDULE.**