Competitive Volleyball
PE-40B 51544
Spring Semester 2020
Reedley College

Instructor: Mariah Roby
Office: Girls Athletic Locker Room(upstairs)
Office Hours: By appointment
Email: mariah.roby@reedleycollege.edu

Description:

This course is designed to develop the student using volleyball principles to improve performance during competition. 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

<u>GRADING SCALE</u>

A	100 – 90 %
B	89 – 80 %
C	79 – 70 %
D	69 – 60 %
F	59 – 0 %

<u>Accommodation Statement:</u>

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.