

**Volleyball Conditioning**  
**PE-40C-51424**  
**Summer 2021 (6/29/2020-8/6/2020)**  
**TWTH 2-4:50pm**  
**Reedley College**

**Instructor: Mariah Roby**  
**Office: Girls Athletic Locker Room(upstairs)**  
**Email: mariah.robby@reedleycolleee.edu**

**Course Description:**

This course is designed to improve the total fitness level of the volleyball athlete, in preparation for the competitive season. The course will emphasize cardiovascular fitness, strength, continued knowledge of the sport as well as a the game fundamentals of the sport.

**Course Objectives:**

1. For students 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 cardiovascular and strength workout each time the professor provides the material and instruction.

**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

**Grading Scale:**

A     100%-90%

B     89%-80%

- C 79%-70%
- D 69%-60%
- F 59% and below

**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.