

Volleyball Theory
PE-40A-54046
Fall 2023
MW 2-250pm
Reedley College

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

CLASS OUTCOMES:

Upon completion of this course, students will be able to:

1. Use proper and safe practice drills.
2. Demonstrate proper techniques related to specific positions.
3. Illustrate a basic knowledge of position-specific assignments and their application on the volleyball court.
4. Apply proper decorum policies as determined by the Commission on Athletics and head volleyball coach.

CLASS OBJECTIVES:

In the process of completing this course, students will:

1. Evaluate and critique current fitness levels in preparation for intercollegiate volleyball.
2. Plan, implement, and practice appropriate volleyball drills that promote improved levels of performance during the intercollegiate volleyball season

GRADING

1. **Measured performance** - 70% (Must show up and be on time)
Grade will drop after 2 missed classes and only 3 make ups are allowed
2. **Skills Test** - 20%
3. **Written Exam** - 10% (A maximum of 2 written exams may be given throughout the semester.)

GRADING SCALE

A	100 - 90 %
B	89 - 80 %
C	79 - 70 %
D	69 - 60 %

F 59 - 0 %

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.