

# Volleyball

**Course Title:** Volleyball  
**Course Number:** Physical Education 128  
**Semester Units:** 1  
**Instructor:** Carey Fristrup  
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**Textbook:** 1.) Recommended: Dearing Joel, Volleyball Fundamentals, 2003, HK Pub Inc.  
2.) Recommended: Bonnie, Kenny, and Cindy, "Volleyball: Steps to Success," July 2006, HK Pub Inc., ISBN#9780736063371

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## **Course Description:**

This course is designed to present the basic fundamentals of volleyball such as serve, setting, spiking, and team play. Rules and class competition are included.

## **Course Objectives:**

The objectives of this course are: 1) to increase volleyball skills. 2) To leave this course with a basic understanding volleyball and necessary skills needed to play effectively.

## **Course Format:**

This course will consist of a combination of instruction of the basic skills and the repetitive practice of these skills.

## **Course requirements:**

**Attendance and Class Participation.** You are expected to attend class and stay for the whole period. **Attendance will be taken by the instructor.** If you are going to miss a class, please call me **before** class to let me know. You may be dropped from class if you are absent consecutively for the equivalent of one week of instruction. **But, DO NOT** count on the instructor dropping you. If you want to drop the class, it is **your** responsibility to fill out the proper paperwork with the admissions office or online.

## **Special Accommodation:**

Should a student enrolled in the course require a special accommodation due to a disability in order to complete the requirements of the course, please advise the instructor immediately or contact the Disable Student Program and Services at (760) 355-6312

## **Grading:**

The grades for this physical education class will be determined by class participation.