### Intercollegiate Volleyball

<table>
<thead>
<tr>
<th><strong>Semester &amp; Year:</strong></th>
<th>Fall 2012</th>
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</thead>
<tbody>
<tr>
<td><strong>Course ID and Section Number:</strong></td>
<td>PE 58</td>
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<tr>
<td><strong>Number of Credits/Units:</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>Day/Time:</strong></td>
<td>*Daily training from 1:30-4:00 pm</td>
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<tr>
<td><strong>Location:</strong></td>
<td>*Travel days TBA</td>
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<tr>
<td><strong>Instructor’s Name:</strong></td>
<td>Marla Gleave</td>
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<tr>
<td><strong>Contact Information:</strong></td>
<td>Office location and hours: PE 100G</td>
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<tr>
<td></td>
<td>Office Phone: 707.476.4241</td>
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<tr>
<td></td>
<td>Cell Phone: 707.616.5138</td>
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<td></td>
<td>Email: <a href="mailto:marla-gleave@redwoods.edu">marla-gleave@redwoods.edu</a></td>
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### Course Description:
A course designed for those participating in competitive volleyball at the intercollegiate level. This course provides opportunities for students to receive advanced-level instruction and training in volleyball skills, techniques, and strategies.

### Student Learning Outcomes:
1. Analyze and follow CR and CCCAA intercollegiate volleyball decorum and eligibility policies.
2. Perform and demonstrate volleyball skills/drills at an advanced intercollegiate level of proficiency.
3. Demonstrate an accelerated level of cardiorespiratory endurance and/or core body strength.
4. Demonstrate collegiate-level volleyball knowledge and implementation of volleyball strategies.

### Assessment Tools:
1. Video analysis of individual and team performance.
2. CR Student-Athlete Handbook checklist/signature.
3. CCCAA decorum and eligibility policy Form 1.
4. Skill checklist.
5. Statistics.
6. Cardiovascular endurance performance testing.

### Learning Activities:
1. Participating in daily practice drills related to game strategies and concepts.
2. Participating in intercollegiate contests against other community college athletes.
3. Participating in conditioning sessions.
4. Participating in video analysis.
Corsair Basics

1. Attending all practices, on time, with a positive attitude.
2. Willingness to improve your skills as well as the skills of your teammates.
3. WORK ETHIC on the court and in the classroom.
4. Representing the college, the volleyball program, and yourself in a manner conducive to CCCAA guidelines.
5. Representing the college, the volleyball program, and yourself in a respectful, cordial, and professional manner on the court, during travel, and in the classroom.

Expected Classroom Behavior/Strategies for success:

1. ATTEND class.
2. Be on time.
3. Complete homework by due dates.
4. Active participation. This involves note-taking, asking questions, taking part in discussion, etc.
5. Re-read/re-write lecture notes from previous class prior to next class.
6. Adjust old way of doing homework. Instead of waiting until night before it is due, complete the assignment the night it was ASSIGNED! Information is fresh in your mind.
7. If need tutoring services see instructor, myself, and/or an advisor for information.

Academic Misconduct: Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an “F” in the course.

The student code of conduct is available on the College of the Redwoods website at: http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf

Physical Education and Athletic Contacts:

Theresa Sisson  476-4213  Administrative Assistant
Joe Hash  476-4242  PE and Athletic Director
Nate Kees  476-4399  Athletic Trainer