Volleyball—Beginning, Intermediate, and Advanced
Portland Community College
(Fall 2007)

Instructor: Todd Hicks  
Office Hours: By Appointment
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Required Texts: None  
Prerequisites: None  
Credit: 1

Course Description:
An activity course designed to familiarize students with fundamentals, rules and strategies of volleyball. The course will also provide students the opportunity to develop skills necessary for successful recreational and/or competitive experience in volleyball.

Course Objectives:
To provide individual students the opportunity to improve their volleyball skills, playing ability, and knowledge of volleyball through the following:

1. To develop a deeper interest in volleyball through its etiquette, physical and social benefits, and skill improvements.
2. To identify and practice the fundamental aspects of volleyball through demonstration, drills, and participating in games against varying skill levels.
3. To learn, understand, and use correct volleyball rules and regulations as outlined by the International Volleyball Association (FIVB).
4. To improve fitness and muscular tone through regular participation in volleyball.

Grading Procedure:
Attendance and participation each day/3 points (33 days)  
100 points

90-100%=A, 80-89%=B, 70-79%=C, 60-69%=D, 50-59%=F

Attendance:
1. Three tardies equal one absence.
2. Each student is allowed two absences without affecting the grade.
3. More than 5 days missed will result in a letter grade drop—one letter grade for each day. Only three absences may be made up.

Absences: All absences must be made up by completing a 2 page, double spaced typed research paper on health, nutrition, or fitness of choice. All papers are due the following class.

Clothing:
Clean T-shirt, short and socks. Proper athletic shoes and kneepads are strongly encouraged. Do not wear hats or jewelry while playing. It is recommended that you bring a water bottle to class.