

**PE 185U Sand Volleyball (SP 22)**

**Instructor: Jayme Frazier (PUB)**

**Office: AC 101, Hours MW 9-10, TR 10-11**

**Email: [fraziej@linnbenton.edu](mailto:fraziej@linnbenton.edu)**

**Course #1 is held Tuesday Thursday 1:00-2:45**

11 week class starts April 12

**Course Description:** This course is designed to introduce general volleyball skills and strategies used in the outdoor sport of sand volleyball.

**Course Format:** The instructor will design the course to specifically meet the general skill level of the students in the class. Rules, drills and offensive/defensive strategy will be introduced in a variety of ways. Class will start on the hour beginning with sign in and discussion. Warm-up drills and tournament play will follow. We will be playing quads as well as doubles format in drills and games. (Format of matches will depend on class size)

**Course Outcomes:** Upon successful completion of this course with C (70%) or better, student should be able to:

- recognize and describe the importance of consistent and effective participation
- demonstrate knowledge of the rules and/or strategies involved in sand volleyball
- analyze personal strengths and weaknesses and set goals for improvement

**Clothing:** Make sure that you wear the proper attire for the weather. Shoes or sand sox are advised due to some rocks and debris. Dress warmly for the first part of the term. Bring water (plastic only), sunscreen and sunglasses / hats even on cloudy days. Plan to be outside every day unless I cancel due to severe weather conditions. Check out a locker, bring a towel and always wipe off sand before entering the building.

**Evaluation:** Attendance: No distinction is made between an excused and unexcused absence. However, you may make up 1 (TR which is 2 hours) absences by attending another activity class (equals 1 hour). Absences need to be made up **prior to the 10th week** of classes. Arrival **10 minutes** after class has started will result in an official absence unless prior discussion has taken place with me. You **may not** be able to participate that day if you are late. Please sign in at the start of class especially early in term. Let me know if you must leave prior to 2:30 on any day.

**Participation:** You will be graded on the following areas: (day 1 - 2 pts for attendance)

- |   |                                       |            |                   |
|---|---------------------------------------|------------|-------------------|
| 1. Attendance   | (T/R: 14 days x 7 pts, day 1 = 2 pts) | <b>100</b> |                   |
| 2. Pre/post- rules/goals questionnaire & liability clearance form |                                       | <b>20</b>  |                   |
| 3. Teacher observation of attitude/sportsmanship                  |                                       | <b>10</b>  | <b>Total: 130</b> |

## **Grading Protocol:**

90-100% =A ( more than four TR absences in this course even with makeup is not eligible for an A) Consistent participation is important in acquisition of goals and teamwork.

80-89% = B

70-79% = C

60-69% = D

50-59% = F

If you do not attend during the first week, instructor will unenroll student unless you have discussed specific circumstances ahead of time. Please speak with me if you have issues with attendance. A pass/no pass and audit option must be completed through campus registration or online.

**General:** It is important that everyone be aware that there are various levels of skill on the court. A good attitude is an integral part of making this course fun for everyone. Please refrain from inappropriate language - you and/or your team may be penalized. Injuries: please let me know if you have injuries that will keep you from participating fully. Let me know if an injury occurs in class as we may need to fill out an accident report.

Please note that due to the rainy weather, we sometimes have in Oregon, class may be canceled. I will rarely if ever do this but if I need to do so, I will post in Moodle and send a message / email one hour in advance of class.

### **Sand Tentative Schedule: (depending on class size)**

Week 3: Introduction to basic skills and rules.

Week 4: Basic skills and drills

Week 5: Skills, procedure, quads

Week 6: Warm-up, strategy, quads and doubles

Weeks 7-10: Warm-up, quads and doubles

\*The above schedule may change due to class size and inclement weather. Please allow for some flexibility.

**There will not be sand volleyball class on these days: There are NO activity classes during finals week.**

**Thursday June 1st - No Class (Total hours have been completed)      Last official class will be Tuesday May 31st.**

Students who may need accommodations due to documented disabilities, who have medical information which the instructor should know, or who need special arrangements in an emergency should speak with their instructor during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the [CFAR Website](#) for steps on how to apply for services or call (541) 917-4789.