

Fall 2020 PE 185U Sand Volleyball

Instructor: Jayme Frazier

TEAM

Office: AC 101, email for virtual office hour

Email: fraziej@linnbenton.edu

Course Days / Time: Tuesday & Thursday 2:00-4:00 pm. (pre-class warm-up 1:40-2:00)

Dates: Eight week course from September 28 - November 20, 2020

Follow current Covid guidelines for social distancing and wear a mask for this course. Be sure to show your daily Healthy Roster Status prior to entering the activity center / sand court. Enter the courts through AC hallway or gym exit.

Course Description: This course is designed to introduce general volleyball skills and strategies used in the sport of volleyball. It will also have a conditioning component for the collegiate volleyball team to prepare for indoor volleyball season. Course information and format may be adjusted to meet COVID restrictions and guidelines. Please see your moodle dashboard for this course in case we move to online format.

Course Format: Rules, drills / skills and strategy will be introduced in a variety of ways. Class will start at 2:00 but a pre-course warm up will begin at 1:40. I will be flexible with this time as I know some are coming from labs. Warm-up drills and play will follow depending on covid current guidelines. We will be starting in pairs and possibly moving to quads as the weeks progress.

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
- participate in conditioning activities to prepare for competitive indoor volleyball

Clothing: Make sure that you wear the proper attire for the weather. Dress for cold elements this term. Shoes or sand sox are advised due to rocks, debris and colder weather along with long sleeve shirts. Bring water / hydration, sunscreen and sunglasses even on cloudy days. Plan to be outside every day unless we have to adjust due to weather conditions. Bring indoor shoes /clothing as well as extra socks and running shoes for conditioning.

Evaluation: Attendance: No distinction is made between an excused and unexcused absence.

Participation: You will be graded on the following areas:

1. Attendance: 16 dates x 8 points each (each class is divided into 8 x 15 minutes) = **128**
2. Pre & post- rules /goals questionnaire & liability clearance form **20**

If this course moves to online format, there will be videos, online resources and self directed activities in place in order to complete the term online through Moodle. Please see your dashboard.

Grading Protocol:

90-100% =A (Two absences may be made up with online course work related to this course)
Consistent participation is important in acquisition of goals related to skills, conditioning and teamwork. 80-89% = B 70-79% = C 60-69% = D 50-59% = F

If you do not attend during the first week, instructors may unenroll students 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 and max effort is an integral part of making this experience engaging and valuable for everyone. Please refrain from inappropriate language. 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 appropriate paperwork or see athletic trainer.

Sand Tentative Schedule:

Please STAY in pairs and / or within your pods in all activities while on and off campus. (ie weights, sand, court, travel, study, social etc.)

Week 1: Goals, liability, beach rules - NCAA. General course protocol. Pairs pepper drills and ball handling. Sand conditioning.

Week 2: Pairs pepper and ball handling drills. Doubles format if possible. Sand or chip conditioning

Week 3: Pairs pepper and ball handling drills. Doubles format if possible. Sand or chip conditioning

Week 4: Pairs or quads warm up and ball handling drills. Doubles format if possible. Sand or chip conditioning

Week 5: Pairs or quads warm up and ball handling drills. Quads format if possible. Sand or chip conditioning

Week 6: Pairs or quads warm up and ball handling drills. Quads format if possible. Sand or chip conditioning

Week 7: Pairs or quads warm up and ball handling drills. Quads format if possible. Sand or chip conditioning

Week 8: Pairs or quads warm up and ball handling drills. Quads format if possible. Sand or chip conditioning

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in the class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services or call (541) 917-4789.