

## PE 180G Advanced Volleyball Syllabus

Winter Term 2021 (Cov19)

Faculty / Coach; Jayme Frazier

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Please email for office or virtual office hours.

Class Time: Tue/Thur 1:30-4:30 (varied based on groups or pods for weeks 3 and 4)

Starting Date: January 4-17 limited online activity, January 18-March 15 on-campus workouts

This course is designed for student athletes who plan to work toward competing in Spring intercollegiate athletics. The course will provide each student with an opportunity to improve skills, fitness and strategy required for collegiate volleyball. Students will additionally practice team skills required for competition. This course is one (1) transferable credit.

Course outcomes include recognizing and describing the importance of consistent and effective intense participation as well as analyzing personal strengths and weaknesses with goal setting for improvement.

Requirements of course:

1. Healthy roster check in daily. Mask worn on campus at all times. Follow local /college guidelines for hygiene and distancing.
2. Daily participation in this course which is Tuesday / Thursday Jan 18-March 12. Course time will be two (2) hours each day x 18 dates (some flexibility given for Cov19 absence)
3. Preparation for class including set up and take down of net system and general hygiene pre and post class each day.
4. Specific warm up / cool down protocol to be followed so as to assist in preventing injury. Discuss with coach and follow through with athletic trainer if any injury occurs during any workout. Follow injury treatment protocol including healthy roster notifications.
5. Should quarantine require students to be quarantined, alternative assignments will be delivered which may include non-physical assignments / activities as physical workouts may be contraindicated.

Grading protocol and points:

1. Participation points: 16 days (2 hours) x 5 points = 80 points  
(2 of 18 not in the total and may be used in cases of absence due to quarantine)
2. Fitness assessment: 10 points
3. Goals analysis: 10 points
- TOTAL: 100 points

Students will be graded on the following A-F option with 90% and above = A, 80%=B, 70% = C.

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 this class, please contact your instructor as soon as possible to discuss your needs. If you think you may be eligible for accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services. Online course accommodations may be different than those for on-campus courses, so it is important that you make contact with CFAR as soon as possible.