**PE 185U Sand Volleyball                                Instructor: Jayme Frazier**

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

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

**Course #1 is held Monday Wednesday Friday 12:00-12:50pm**  11 week class starts April 3rd (crn 40213)

**Course #2 is held Tuesday Thursday  1:00-2:50 p.m.**    8 week class starts Tuesday April 16th      (crn 40183)

**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 four-person games and progressing to doubles.  (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:**

1. recognize and describe the importance of consistent and effective participation
2. demonstrate knowledge of the rules and/or strategies involved in sand volleyball
3. 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, sunscreen and sunglasses even on cloudy days. We will not be able to use the gym this term as it is under construction.  Plan to be outside every day unless I cancel due to severe weather conditions. Check out a locker and always wipe off sand before entering building.

**Evaluation**:  Attendance:  No distinction is made between an excused and unexcused absence.  However, you may make up 3(MWF) 1 (TR which is 2 hours) absences by attending another activity class or by typing one critique (equals 1 hour) about an article related to sand volleyball.  You should submit a copy of the article with typed summary and source. 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 instructor. You ***may not*** be able to participate that day if you are late.  Please sign in at start of class.

**Participation:**  You will be graded on the following areas:  (day 1 doesn’t count for attendance)  
1.  *Attendance (M/W/F: 25 days x 4pt)     (T/R: 14 days x 7.1 pts)***100**  
2.  *Pre/post- rules/goals questionnaire & liability clearance form* 16   
3.  *Teacher observation of attitude/sportsmanship*                            10 =  **126 total**

**Grading Protocol**:

90-100% =A  (more than five MWF absences and more than three TR absences in this course even with makeups 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 accident report.    
  
Please note that due to the rainy weather, we sometimes have in Oregon, class may be canceled.   I will usually make a decision the day of class 30 minutes prior to class.  Due to indoor courses scheduled inside, (or due to gym renovation) we will not be able to use the gym on rainy days.

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

Week 1:  Introduction to basic skills and rules.  
Week 2:  Basic skills and drills  
Week 3:  Skills, procedure; quads  
Week 4:  Warm-up, strategy,  quads and doubles  
Week 5:  Warm-up, strategy, quads and doubles

Week 6:  Warm-up, quads and doubles

Week 7:  Warm-up, quads and doubles  
Weeks 8-10:  Warm-up, quads and doubles  
  
\*The above schedule may change due to class size, starting dates 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.

**Monday April 1st -** No classes due to college wide inservice

**Monday April 22nd**- No class (Jayme Commiss. Mtgs.))

**Monday,** **May 27th** - **No School** - Memorial Day and **Thursday / Friday, May 30th - 31st -**No Class (Jayme Commiss. Mtg)

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