

# Highland Park Senior High Volleyball Syllabus

## Course Description:

**Volleyball:** An introductory course in the fundamentals of volleyball including passing, serving, setting and spiking. Students will learn rules and court strategy for playing the game. Emphasis will be on total fitness and recreational skills for leisure and lifetime activities.

**Course Rationale:** The purpose of this course is to learn the specific skills and/or the techniques of the activity. By actively participating in an activity class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and increased muscular strength. Participating in activity classes leads to a healthier lifestyle

## Course Objectives:

1. To learn the rules, fundamental skills, and strategies of volleyball.
2. To develop skills in passing, setting, serving, spiking, and blocking.
3. To learn basic offensive and defensive patterns of play.
4. To develop a positive attitude toward volleyball as a lifetime sport and to improve physical fitness through participation in volleyball.
5. To use the equipment safely.

## Grading:

Grades are based upon attendance, participation and tests. The specific grading requirements for this course are as follows:

1. Attendance and participation.
2. Proper dress for active participation.
3. Written Tests
4. Skills tests

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Students Name

Parent Signature

If you have any questions please call Mrs. Kramer at 651 744-3877 or [Kathleen.kramer@spps.org](mailto:Kathleen.kramer@spps.org)