

KIN-V21 — VOLLEYBALL, VARSITY, WOMEN

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.

Description: An opportunity for volleyball players to improve skills, knowledge and strategy of the game of volleyball. This program will consist of highly organized lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in volleyball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option)