

TEAM 185 Expert Volleyball Training

TEAM 185 EXPERT VOLLEYBALL TRAINING

Focuses on mastering individual skills and team concepts. It is designed to improve the individual technique of students wishing to play intercollegiate community college volleyball. Students also participate in numerous competitive drills and volleyball conditioning. Demonstration of appropriate skill level is required, and monitored by instructor. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

