

## Athletics – Girls Volleyball

Students who are interested in volleyball and have a high degree of fundamental and self-achievement skills, this course provides the opportunity to improve and develop these skills toward maximum personal goals. The course is designed for the student who wishes to develop coordination, power, speed, strength, and cardiovascular endurance. Classroom instruction will include heavy weight training, advanced flexibility, agility drills, and vigorous physical fitness, running skills, sport strategy, health care and nutrition, advanced skill work, and advanced sports and activities. ***This course is aligned with and requires participation in the extra-curricular activity. Limited Enrollment in Course (First credit fulfills Required PE credit, subsequent credits will be elective credit)***

Year 1 Course ID #
VBall1-GN-Y

Year 2 Course ID #
VBall2-GN-Y

Year 3 Course ID#
VBall3-GN-Y

Year 4 Course ID #
VBall4-GN-Y

**(First year credit fulfills Required PE credit,  
subsequent credits will be elective credit)**