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| **Beginning Volleyball**  |
| **Course #**  | 15055000  |
| **Grade Level**  | 9-12  |
| **Length**  | 1 semester  |
| **Prerequisite**  | None  |
| **Credit**  | 1/2  |
| The purpose of this course is to enable students to acquire basic knowledge and skills in volleyball and to maintain or imporve health-related fitness. Students will demonstrate awareness of: safety practices, rules and terminology, biomechanical and physiological principles related to exercise and training, potential benefits derived from participation in volleyball. In additon, students will demonstrate the use of skills and techniques and exhibit an improved level of skill.  |