**KINX 116Bx3**

Upon successful completion of the first semester of this course:

1. The student will be able to demonstrate an intermediate level of physical conditioning for intercollegiate volleyball.
2. The student will be able to demonstrate an intermediate level of skill and technique required for intercollegiate volleyball competition.

Upon successful completion of the second semester of this course:

1. The student will be able to demonstrate an advanced level of physical conditioning for intercollegiate volleyball.
2. The student will be able to demonstrate an advanced level of skill and technique required for intercollegiate volleyball competition.

Upon successful completion of the third semester of this course:

1. The student will be able to develop and individualized volleyball specific conditioning plan to implement the upcoming season.
2. The student will be able to demonstrate advanced knowledge of all positions within the sport of volleyball.