

Spring 2026

College of the Redwoods



Course Information

Semester & Year: Spring 2026

Course ID & Section: PE-25-E0159 (060159)

Instructor's name: Macy Thomas

Day/Time of required meetings: Monday/Wednesday 6-8pm

Location: College of the Redwoods Main Gym

Number of proctored exams: 0

Course units: 1

Instructor Contact Information

Office location or Online: PE 100G

Office hours: By appointment

Phone number: 720-285-0107

Email address: macy-thomas@redwoods.edu

Required Material

Please wear athletic/court shoes.

Catalog Description

A volleyball course that emphasizes movement, rules of the game, basic skill fundamentals, and team play.

Course Student Learning Outcomes

Learning Outcome #1: Identify and apply the basic terms/rules/concepts of volleyball.

Learning Outcome #2: Demonstrate volleyball skill techniques.

Learning Outcome #3: Students will be expected to perform game play using correct scoring, rules, and strategies

Learning Outcome #4: Students will demonstrate, through drills and game play, the understanding of spatial awareness through movement to the ball and in movement related to defensive reaction to the ball.

Course Calendar

This table is a rough outline of what our class sessions will cover - this is subject to change based on class needs/progress.

Date	Topic	What's Due
2/9 - 2/15	Passing Basics	N/A
2/16 - 2/22	President's Day (no class) 2/22: Passing	N/A
2/23 - 3/1	Serve Receive + Serving	N/A
3/2 - 3/8	Serve Receive + Serving	N/A
3/9 - 3/15	Freeball Sending + Passing	N/A
3/16 - 3/22	Spring Break (no class)	N/A

3/23 - 3/29	Setting + Attacking	N/A
3/20 - 4/5	Setting + Attacking	N/A
4/6 - 4/12	Blocking	N/A
4/13 - 4/19	Defense	N/A
4/20 - 4/26	Blocking + Defense	N/A
4/27 - 5/3	Scrimmage	N/A
5/4 - 5/10	Scrimmage	N/A
5/11 - 5/17	Finals Week (no class)	N/A

Evaluation & Grading Policy

The grading policy is simple for this course and only based on participation. To get participation for class, you are required to wear appropriate athletic clothing and shoes, stay for over half of the duration of class, participate in the lesson of the day, and communicate via canvas and/or email when you are going to be absent. If you are signing up for Pass/Fail OR a letter grade for PE-25 you get four absences before dropping down one letter grade for each absence after the fourth. I will offer some make-up assignments when necessary.

Prerequisites / Co-requisites / Recommended Preparation

None.

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#)Links to an external site., counseling and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#)Links to an external site.

If you are unsure whether you qualify, please contact SASS for a consultation: SASS@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280