



Intercollegiate Volleyball

Course Information

Semester and Year: Fall 2025

Course ID and Section number: PE-58-E9551 (059551)

Instructor's name: Macy Thomas

Day and time of required meetings: Monday through Friday 8:30am-11:30am

Location: Gymnasium

Number of proctored exams: 0

Course units: 3

Instructor Contact Information

Office location or Online: PE100G

Office hours: By appointment

Phone number: 720-285-0107

Email address: macy-thomas@redwoods.edu

Communication notes: Please text or email

Required Materials:

Volleyball/Court shoes are the only item not provided.

Catalog Description

Physical conditioning through exercises, skills, and drills related to specific intercollegiate sports activities.

Course Student Learning Outcomes

- Demonstrate proper mechanics in sport-specific skills and drills.
- Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.

Course Calendar

Practice Schedule: M-F 8:30-10:30am

Lifting Schedule: M/W/F 10:30-11:30am

Film Schedule: TBD

Game Schedule: See website

***Schedule is subject to change; adjustments will be needed for travel schedule, game schedule, additions for meetings, etc.**

Evaluation and Grading Policy

This course grade is based on your participation in the class. There are three expectations to meet to receive credit for participation: show up on time, dress in appropriate exercise clothing, and use the time in the gymnasium and weight room fully to complete the required workout and practice plan. There are no scheduled exams or written assignments.

Prerequisites/corequisites/ recommended preparation

None.

Educational Accessibility and 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](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, 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 \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280

- Location: Learning Resource Center (Library)

Del Norte campus

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

Klamath-Trinity campus

- Phone: 707-476-4280