

## Department of Physical Education and Athletics

### Administration

Alan E. Gantert, associate director of athletics and director of physical education and intramurals  
John R. West, assistant director of physical education  
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Cornell is proud of its diversified physical education program—unique in its concept and tradition of excellence—that encompasses over forty recreational activities, ranging from the aquatic depths of scuba diving to the heights of mountain climbing. It ranks among the five largest university programs in the nation.

Teaching emphasis in the program is placed on recreational activities that can be continued outside the University. Each member of the instructional staff has extensive experience and skill in the area he or she teaches, and all of the abundant facilities available to the athletic department are used as needed in the program.

### Facilities

**Teagle Hall**, at the corner of Garden Avenue and Schoellkopf Drive, is the administrative headquarters for the physical education and athletics program. Department offices (telephone: 256-4286) are located in the west end of the building. Teagle contains two swimming pools, crew practice tanks, a wrestling room, a fencing room, weight-lifting rooms, an open gym floor, and a steam room. Classes in fencing, karate, scuba diving, swimming and water safety, volleyball, basketball, and weight lifting are held here. When academic classes are in session, Teagle is open from 9:00 a.m. to 10:00 p.m. Monday through Friday, 9:00 a.m. to 5:30 p.m. on Saturday, and 11:00 a.m. to 6:30 p.m. on Sunday. During the summer the building is open Monday through Friday only, 8:30 a.m. to 7:00 p.m.

**Helen Newman Hall**, located at the end of South Balch Drive, is the headquarters for the women's intercollegiate program (telephone: 256-5133). The building contains a swimming pool, dance studios, a rifle range, sixteen bowling alleys, a large open gym floor, and a sauna room. Classes in badminton, basketball, bowling, cycling, dance, fencing, gymnastics, lacrosse, physical conditioning, riflery, scuba diving, softball, swimming, tennis, volleyball, and yoga are held here. When academic classes are in session, Helen Newman is open from 8:00 a.m. to 11:00 p.m. Monday through Friday, 9:00 a.m. to 5:00 p.m. on Saturday, and noon to 5:00 p.m. on Sunday. During the summer it is open Monday through Friday only, 8:30 a.m. to 5:00 p.m.

**Barton Hall**, located on Garden Avenue opposite Teagle Hall, contains a large open gym floor. Classes in badminton, volleyball, first aid, jogging, weight control, physical fitness, and hunter safety are held here.

**Lynah Rink** is used for classes in ice skating, figure skating, and hockey, as well as for public skating sessions during scheduled hours from late October until mid-March.

**Schoellkopf Hall** is used for Nautilus and weight-lifting exercises. Classes in squash and racquetball are held in the **Grumman Squash Courts**, and archery and professional golf instruction are offered in **Bacon Cage**.

**Other facilities** used in the program include the Oxley Polo Arena for riding and polo instruction; Moakley golf course for recreational golf; the Kite Hill indoor tennis bubble; Tompkins County Rod and Gun Club for trapshooting and skeet; and Greek Peak, Virgil, New York, for skiing.

Schedules for all athletic and building use can be obtained from the Teagle Hall and Helen Newman Hall main offices.

### Use of Facilities and Equipment

In the event conflict arises about the use of department equipment or facilities, physical education classes have priority. The director or assistant director of physical education assigns priorities when necessary.

The Department of Physical Education and Athletics is not responsible for a personal item left in any of its buildings or facilities.

### Equipment Issued to Students

All students taking classes for credit are entitled to use of a basket and combination lock. Baskets for men and women are available in Teagle Hall and are assigned to new students during academic registration. Students should pick up their combination lock when reporting for their swim test. There are baskets for women only in the main locker room in Helen Newman Hall; assignment procedures are the same as for Teagle. Baskets are issued on a first-come-first-served basis, beginning during academic registration week. Each student receives a towel when he or she attends class. There is no charge for the basket, lock, or towel provided they are returned to the department at the appropriate time. If any of these articles is lost, the replacement cost will be charged to the student's bursar account.

Each student will provide his or her own appropriate gym uniform (socks, shorts, T-shirt, sneakers, et cetera) for class when needed. Students can rent a solid-color gym uniform for use during the term from the locker-room staff in Teagle Hall. Uniform rental at Helen Newman Hall is limited to women's swimsuits.

Students are allowed to borrow small equipment items, such as basketballs, volleyballs, skip ropes, punching-bag gloves, or horseshoes, from their locker-room equipment areas for short-term use. The student's identification card will be held by the department as security while the item is in use.

### Equipment Issued to Groups

Established campus groups may borrow certain sports equipment (e.g., volleyballs and nets but not poles; softballs and softball bases and bats) from Helen Newman and Teagle halls for up to seven days during the early fall or late spring. A deposit is required.

### Faculty-Staff Use of Facilities

Faculty and staff may become eligible to use Teagle Hall facilities by paying a yearly membership fee. Members are issued a basket and lock and are provided with a gym uniform and towel on a daily basis.

Faculty and staff may participate in any physical education class on a space-available basis; all related fees must first be paid.

### Use of Swimming Facilities

All students may use the swimming facilities in Teagle Hall or Helen Newman Hall between classes, during the noon hour, and at established hours during the evening and on weekends. Faculty and staff who have Teagle Hall seasonal memberships may use the

Teagle pools during these periods also. Faculty and staff who do not have seasonal memberships can use the Helen Newman pool (by paying an hourly fee) or the Teagle pools during designated hours. Specific times are established each term for single-sex or coed swimming and for family swim nights. Schedules for the use of the pools are available in the main office of Teagle and Helen Newman halls.

Women using the Teagle pools must supply their own swimsuits and caps (caps are not required); they may change and shower in the locker rooms at the west end of the building, facing Barton Hall. Towels are provided. Teagle Hall does not provide hair dryers, but electrical outlets are available for use of personal dryers in the locker rooms. Swimmers using the Helen Newman pool must provide their own swimsuits and caps (required).

All persons using swimming facilities are required to take a thorough shower immediately before entering the pool and to obey the orders of the lifeguard at all times. Swimming is allowed only when a lifeguard is on duty.

### Physical Education Requirements

All undergraduate students admitted to Cornell as freshmen in 1978 or thereafter must complete two terms of physical education—normally during the first two terms of attendance. Undergraduates who enter as freshmen before 1978 must complete four terms.

In addition, the University Faculty Committee on Physical Education has established a basic swimming qualification requirement for all entering freshman students. The test consists of a continuous seventy-five-yard swim using front, back, and optional strokes. Freshmen take the test as part of their physical education registration process. Normally women take the test in the Helen Newman pool, and men in the Teagle pool. All others who have to qualify should contact the physical education office in Teagle Hall (men) or Helen Newman Hall (women) to make an appointment for the swim test. Any student who cannot pass the swim test is required to include swimming in his or her program of physical education before electives can be chosen.

Circumstances permitting exemption from, or postponement of, these requirements are outlined in the section on waiver of requirements. The department will accept current Red Cross senior lifesaving certificates in lieu of the test.

### Transfer Students

Students who transfer to Cornell from another college or university will be given credit for one term of physical education for every term of academic transfer credit they are granted by Cornell. Effective September 1979, any transfer student entering Cornell as a sophomore or higher is not required to take physical education classes for credit. Transfer students subject to the credit requirement must take the swim test before signing up for an elective.

### Waiver of Requirements

A waiver of postponement of physical education requirements may be granted if the student:

- 1) has a physical handicap or medical affliction, certified by University medical staff, that precludes participation in any physical education activity (the department is prepared to adapt a physical education program to the individual needs of a handicapped student whenever possible);
- 2) is twenty-two years of age or older at the time of admission to Cornell;

- 3) is committed to twenty hours or more of employment per week (the director of scholarships and financial aid must issue the request for exemption, certifying the necessity for such employment obligations); or
- 4) has been in military service.

Permission for postponement of, or exemption from, the physical education requirements is issued only by the University Faculty Committee on Physical Education, through the representative in the student's college office. Final authority for interpreting and ruling on requests for exemption rests with this committee.

## Credit

Physical education credit is granted for:

- 1) satisfactory completion of a course offered through the physical education program;
- 2) participation on an intercollegiate team as a competitor or manager;
- 3) participation in the marching band;
- 4) participation in an athletic club or organization recognized by the director of physical education as fulfilling the purpose of the physical education requirement (application for club recognition must be submitted to the director by September 30 each year).

Students receive credit for one course only per term. If a student enrolls in more than one course per term, credit is given only for the first course the student has enrolled in, as recorded in the physical education office. A grade of *Incomplete* received in a physical education course taken for credit must be made up before the end of the following term.

## Absences

Students are allowed three absences (excused or unexcused) without penalty in each twelve-week course taken per term. Proportional adjustments will be made for courses lasting less than twelve weeks. Students are allowed to make up two unexcused absences in excess of the three allowed per term. Medical excuses do not constitute additional allowed absences; they are merely valid reasons for missing a class session. A maximum of eight medical excuses (each of which must be cleared through Gannett Health Center at the time of the illness) is allowed per term. If medically excused absences exceed the three absences allowed without penalty per term, each one in excess must be made up.

## Course Registration

Registration for credit for all physical education classes (for men and women) takes place in Teagle Hall gymnasium during the academic course registration period. Dates and times are publicized with other registration information each semester. All classes are filled on a first-come—first-served basis.

Physical education courses taken for credit may be dropped or added only during the first three weeks of the semester; this must be done at the physical education office in Teagle Hall. In general, such changes will be allowed only if the student has a conflict caused by a change in his or her academic course schedule. A \$25 penalty fee is charged by the University for late enrollment (occurring after the drop-add period). In addition, the physical education department assesses a \$10 penalty fee for a course change made after the drop-add period; only one such change is allowed a student each term.

## Course Fees

Information about fees associated with physical education courses is usually available at the time of course registration (some fees cannot be set until the course meets). Course fees are not charged to the account of a student enrolled in the University until two weeks after course registration. All fees thus charged are billed through the bursar's office. Other participants in courses involving fees usually must pay when they register. Only the person paying the fee will be allowed to use the playing time allotted by the fee. Payment will be waived or refund made only if:

- 1) the participant withdraws from the course during the designated add-drop period (the withdrawal must be made at the physical education office in Teagle Hall);
- 2) the instructor withdraws the participant's name from the class roll;
- 3) the participant fails to pass preliminary course requirements; or
- 4) the participant accumulates a significant number of medically excused absences from the course (the director or assistant director of the physical education program will make the decision in this situation).

## Courses Offered

The courses and fees described in this handbook are subject to change or cancellation at any time by official action of Cornell University.

Enrollment in any course is limited by the space available. Other restrictions are included in the course description. All courses are coeducational. The specific time and place of class meetings, as well as information about fees, are available at physical education course registration. Course fees are billed through the Office of the Bursar.

Additional course offerings may be listed at registration, since the curriculum is frequently reviewed and changed.

### 190 Archery

Two classes a week, Teagle Hall.  
Instruction in the care of equipment; seven basic steps for shooting; scoring; practice shooting at twenty, thirty, and forty yards.

### 131 Athletic Training and Injury

Two-hour class one evening a week, Teagle Hall.  
Survey of anatomical, physiological, and psychological causes and results of athletic injuries.

### 220 Basketball

Two classes a week, Teagle Hall.  
Fundamental drills in passing, shooting, and dribbling. Scrimmages each class session.

### 150 Bowling

Two classes a week, Helen Newman Hall.

### 156 Equestrian

One class a week, Oxley Polo Arena. Class days and hours are arranged at registration according to riding ability and experience.

### 171 Exercise and Figure Control

Two classes a week, Helen Newman Hall.  
Ways in which exercises may be used in weight control; the role of nutrition and diet in weight control; and the design of an individual exercise and running program.

### 130 Basic First Aid

One or two classes a week, Teagle Hall.  
American Red Cross standard first aid course. Certification is awarded upon satisfactory completion of the course.

### 108 Fitness and Conditioning

Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Physical fitness program that embodies features of stretching exercises, weight lifting, and jogging. Students work on their individual training needs.

### 154 Beginning Gymnastics

Fall and spring.  
Two classes a week, Teagle Hall.  
Basic instruction in tumbling, dance for gymnastics, trampoline, and use of all pieces of apparatus.

### 173 Jogging

Fall and spring.  
Two classes a week, Teagle Hall.  
A program to meet the needs of each individual. Progress from jogging a few hundred yards to a capacity of three miles at the end of twelve weeks.

### 161 Karate Shito Ryu

Fall and spring. Fee charged.  
Two evening classes a week, Teagle Hall.  
A beginning course taught by professional staff.

### 227 Basic Lacrosse

Fall.  
Two classes a week, Helen Newman Hall.  
Instruction and practice in basic skills (cradling, passing, catching, goal shooting, checking) and team play.

### 331 Nautilus

Fall and spring. Enrollment limited to capacity of facilities. Fee charged.  
Two classes a week, Teagle Hall.  
Advanced weight lifting on specifically designed apparatus. There are ten stations in the room.

### 186 Racquetball

Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Instruction at all levels. Equipment is furnished.

### 225 Recreational Sports and Games

Fall and spring.  
Two classes a week, Teagle Hall.  
A potpourri of games that can be used in schools and camps and on playgrounds.

### 157 Principles of Sailing

Fall and spring. Fee charged.  
One class a week, Teagle Hall.  
Instruction in basic sailing skills and safety principles. Students sail small and large boats on Cayuga Lake, weather permitting.

### 320 Soccer

Fall.  
Two classes a week, Teagle Hall.  
Introduction to the game. Includes basic individual skills (passing, trapping, volleying) and team play and strategy.

### 187 Squash

Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Classes for all levels of play. Equipment is furnished.

### 160 Tai Chi Chuan

Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Tai Chi is a system of graceful, slow-movement exercises that aim at nurturing relaxation, deep breathing, and improved circulation.

### 330 Weight Lifting

Fall and spring.  
Two classes a week, Teagle Hall.  
Classes include instruction in correct lifting techniques involving all muscle groups. Recreational classes are established for experienced lifters; structured classes are for novice groups.

### 174 Yoga

Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Fundamentals of Hatha Yoga. Covers basic postures, breathing techniques, and deep relaxation. Introduces chanting.

## Aquatic Courses

- 110 Beginning Swimming** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Instruction and practice in basic skills leading to passing the basic swimming proficiency test.
- 111 Intermediate Swimming** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Practice and perfection of basic skills and five basic strokes.
- 112 Advanced Swimming** Fall and spring.  
Two classes a week, Helen Newman Hall.  
Practice and perfection of the eleven basic strokes.
- 113 Diving** Fall.  
Two classes a week, Helen Newman Hall.  
Instruction in all the basic dives, including front (pike and layout), back, front and back somersault.
- 114 Advanced Lifesaving** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
American Red Cross senior lifesaving course. Practice and execution of survival and lifesaving skills. Certification is awarded upon satisfactory completion of the course.
- 115 American Red Cross Water Safety Instructor** Fall and spring. Prerequisite: American Red Cross advanced lifesaving certification.  
Two classes a week, Helen Newman Hall and Teagle Hall. Students must not miss first class. American Red Cross water safety instructor certification is awarded upon satisfactory completion of course.
- 115 Water Safety Instructor Refresher Course** Spring.  
Two classes a week, Teagle Hall.  
Selected sessions of the basic water safety instructor course.
- 116 Basic Scuba Diving** Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Beginning scuba—for general certification only. All equipment is provided for pool sessions, including tanks, regulator, snorkel, and vest.
- 117 Scuba Diving—National Certification** Fall and spring.  
Helen Newman Hall. Hours to be arranged.  
Program includes skill training in a pool and open-water training in Cayuga Lake. Internationally recognized basic certification.
- 118 Beginning Synchronized Swimming** Fall.  
Two-hour class one evening a week, Helen Newman Hall.  
Sculling stunts, including the tub, marlin, log roll, front and back tuck somersaults, and front and back pikes.

## Badminton

- 180 Beginning Badminton** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Fundamental shots, scoring, and general play.
- 188 Intermediate Badminton** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Practice of overhead dives and crosscourt shots, doubles competition.
- 189 Advanced Badminton** Fall and spring.  
Two classes a week, Helen Newman Hall and Teagle Hall.  
Emphasizes doubles strategy and singles and doubles competition within the class group.

## Dance

- 121 Ballroom Dancing** Fall and spring. Fee charged. Students and their partners must sign up at course registration.  
One evening class a week, Helen Newman Hall.  
Instruction in dances such as the waltz, Charleston, rumba, and tango.
- 122 Square Dancing** Fall and spring. Students and their partners must sign up at course registration.  
Two classes a week, Helen Newman Hall.  
Introduction to square dancing.
- 123–138 Dance** Fall and spring.  
Two classes a week, Helen Newman Hall.  
Develop flexibility, coordination, and the ability to perceive and reproduce phrases of dance movement with rhythmic accuracy and clarity of body design. Auditions are required for admission to some advanced courses, since they require the mental and physical ability to perform more complex phrases in various styles.
- 123 Ballet Fundamentals**
- 124 Modern Dance Fundamentals**
- 131 Elementary Ballet**
- 132 Elementary Modern Dance**
- 133 Elementary Jazz Dance**
- 134 Intermediate Ballet**
- 136 Intermediate Modern Dance**
- 138 High Intermediate Modern Dance**

## Fencing

- 152 Beginning Fencing** Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Includes warm-up exercises and all basic offensive and defensive moves. Equipment is furnished.
- 153 Intermediate Fencing** Fall and spring. Fee charged. Prerequisite: Beginning Fencing.  
Two classes a week, Teagle Hall.  
Interclass competition is stressed. Equipment is furnished.

## Golf

- 140 Instruction in Golf** Fall and spring. Fee charged.  
Two classes a week, Teagle Hall.  
Instruction by PGA professionals is geared to all levels of experience and ability. The objective is to give beginners enough skill to play, and to give more advanced players direction in their thinking, practice, and play, through a thorough understanding of fundamentals. Equipment is furnished.
- 141 Recreational Golf** Fall and spring. Limited to students who are experienced golfers. Fee charged.  
Nine holes twice a week, Moakley Golf Course.  
Students must provide their own clubs.

## Outdoor Skills

- 100 Introduction to Backpacking** Fall and spring. One section limited to women; all others are coed. Fee charged.  
Hours to be arranged, Teagle Hall.  
Class sessions lead to a full weekend on the trail in a local wilderness area.
- 101 Basic Mountaineering (Rock Craft)** Fall and spring. Fee charged for equipment and travel.  
One class a week, Teagle Hall.  
Basic instruction and practice in rock climbing, rappelling, knot craft, and rescue techniques.
- 102 Outdoor Leadership Training** Fall and spring. Fee charged.  
Hours to be arranged, Teagle Hall.  
A combination of class sessions and outings designed for the experienced outdoor person, whether backpacker, cyclist, or canoeist.
- 103 Survival Weekend** Fall and spring. Fee charged.  
Hours to be arranged, Teagle Hall.  
Lectures and short outings lead to a full weekend in a local wilderness area, practicing outdoor survival skills.
- 104 Ice Climbing** Spring. Limited to students experienced in mountain climbing. Prerequisite: permission of instructor. Fee charged.  
Hours to be arranged, Teagle Hall.  
Climbing techniques for ice surfaces. Includes outings to local parks.
- 105 Advanced Mountaineering** Spring and fall. Prerequisite: Basic Mountaineering. Fee charged.  
Hours to be arranged, Teagle Hall.  
Saturday outings to local parks feature advanced rock-craft skills and rescue techniques.
- 106 Bicycle Touring and Camping** Fall and spring. Fee charged.  
Hours to be arranged, Teagle Hall.  
Covers bicycle repair, physical conditioning, trip planning, and road safety. Classes lead to a weekend bicycle camping trip. Students must provide their own bicycles.
- 107 Flat-Water Canoeing** Fall and spring. Fee charged.  
Hours to be arranged, Teagle Hall.  
Classes and local practice sessions lead to a weekend canoe trip.
- 107 White-Water Canoeing** Spring. Fee charged for canoe rental, food, and transportation to mountains.  
Hours to be arranged, Teagle Hall.  
Classes and local practice sessions lead to a weekend canoeing trip on Adirondack waterways.
- 109 Winter Camping** Spring. Limited to experienced outdoor people. Coed sections. Fee charged.  
Hours to be arranged, Teagle Hall.  
One-day outings in the Ithaca area lead to a seven-day trip to the White Mountains of New Hampshire during spring break.
- 109 Ski Camping** Spring. Open to any skier. Prerequisite: backpacking experience; no skiing prerequisite. Coed. Fee charged.  
Hours to be arranged, Teagle Hall.  
Classes and local one-day outings lead to a weekend of ski touring in a New York State forest area.

## Riflery

- 132 Hunter Safety** Fall and spring.  
Hours to be arranged, Teagle Hall.  
Instruction in hunter safety leads to New York State certification for bow and gun.
- 191 Riflery** Fall and spring. Fee charged.  
Two classes a week, Helen Newman Hall.  
Instruction and practice in the techniques of target riflery from various shooting positions.
- 192 Skeet and Trap Shooting** Fall and spring. Fee charged.  
Two-hour class one afternoon a week, Teagle Hall.  
Includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

## Skating

**200 Basic Skating** Fall and spring. Intended for beginning to intermediate skaters. Fee charged.

Three classes a week for half a term, Lynah Rink. Students provide their own hockey skates or rent them at Lynah Rink.

**201 Beginning and Low Intermediate Figure Skating** Fall and spring. Fee charged.

Three classes a week for half a term, Lynah Rink. Instruction and practice in basic figure skating techniques: forward and backward, crossovers, turns, and spirals. Students provide their own figure skates or rent them at Lynah Rink.

**202 Intermediate and Advanced Figure Skating**

Fall and spring. Enrollment limited to experienced skaters. Fee charged.

Three classes a week for half a term, Lynah Rink. Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

**204 Basic Ice Hockey** Fall and spring. Fee charged.

Two classes a week, Lynah Rink. Stick handling, passing, and shooting are stressed. Students provide their own skates and sticks; all other equipment is furnished.

## Skiing

**153 Ski Conditioning** Fall.

Two classes a week, Helen Newman Hall. Exercises designed to increase flexibility, strength, and endurance in preparation for the ski season.

**300 Downhill Skiing** Spring. Fee charged.

One class a week, Teagle Hall. Transportation, instruction, ski-lift fees, and ski time are offered in package deal. Greek Peak personnel will be present at registration to explain the program and accept fees. Bus transportation to Greek Peak is provided six afternoons a week for six weeks.

**301 Cross-Country Skiing** Spring. Fee charged.

Two-hour class one afternoon a week, Helen Newman Hall. Classes designed for all levels. Covers waxing and choosing equipment.

## Tennis

**181 Indoor Tennis** Spring. Fee charged.

Two classes a week for the entire term, Teagle Hall. Classes for all levels of play. Emphasizes strategy for intermediate and advanced groups. Space limitation requires doubles play.

**182 Beginning Outdoor Tennis** Fall. Fee charged.

Three classes a week for half a term, Helen Newman Hall. Instruction and practice in basic strokes (forehand, backhand, serve).

**184 Intermediate Outdoor Tennis** Fall. Fee charged.

Three classes a week for half a term, Helen Newman Hall. Use of fundamental strokes, lobs, and drop shots; doubles strategy.

**185 Advanced Outdoor Tennis** Fall. Limited to experienced tennis players. Fee charged.

Three classes a week for half a term, Helen Newman Hall. Emphasizes strategy.

## Volleyball

**221 Beginning Volleyball** Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. Drills, fundamentals, and team play.

**222 Intermediate Volleyball** Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. Passing and blocking strategy; scrimmages in class.

**223 Advanced Volleyball** Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. Offensive and defensive team strategy is emphasized in class scrimmages.