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# PED 176 : Volleyball (beginning)

This course covers the fundamentals of volleyball. Emphasis is placed on the basics of serving, passing, setting, spiking, blocking, and the rules and etiquette of volleyball. Upon completion, students should be able to participate in recreational volleyball.

**Credits** 1

**Lecture Hours** 0

**Lab Hours** 0

**Manipulative Hours** 2

**Transfer Code**

Code C

Core Course