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businessmen who wanted less physical contact than basketball.

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The sport of volleyball has more participants than any other sport in the world with the exception of soccer. There are more than

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800 million people worldwide who play volleyball, with an estimated 46 million participants in the United States. William Morgan, an instructor at a YMCA in Holyoke, Massachusetts, invented the game in 1895. (The game of basketball was invented 4 years earlier ...

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Description: Physical Education is based on the development of the mind and body. Educational objectives are reached through participating in mental and physical activity. In the Physical Education classroom, students build their knowledge and level of physical fitness, explore and learn a wide variety of neuro-muscular skills, and

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Physical Education
develop responsible social behaviors that promote personal and group success.

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components of a legal Bump and a Set This
should include positioning of upper

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Volleyball is played on a court with a net dividing the two teams. The height of the net varies according to gender. Generally, for men, nets should be 7 feet, 11.625 inches, while for women nets...

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Volleyball is a game played between two

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teams of six players, separated by a net. Each team attempts to score points by pushing a ball over the net and landing it in the opposing team ' s court.

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