

SEP 10 2002

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1370 Volleyball
Fall 2002

1.0 Course Description

Acquisition of theoretical knowledge and personal skill in individual and team activities, basic strategies and officiating will be the goals of this course.

2.0 Learning Objectives:

2.1 To demonstrate the fundamental skills in volleyball.

(Forearm passing, Overhand passing, Serving, Attacking, Blocking and Digging)

2.2 To describe the basic team strategies of volleyball including defensive formations, offensive formations, blocking, free ball and down ball transitions, serving strategy, defensive transitions, and offensive coverage.

2.3 To develop progressions for the basic skills in volleyball.

2.4 To participate in a volleyball competition as a volunteer.

2.5 To develop volleyball coaching skills necessary to run volleyball drills.

3.0 Instructor

David Kay, Office M103, Phone: 539-2034, kay@gprc.ab.ca

4.0 Class Schedule

Tuesdays / Thursdays 2:30 – 3:50 PM

5.0 University Transfer:

PA 137 (1.5) University of Alberta

PEAT 219/319 (1.5) University of Calgary

PHAC 2545 (1.5) University of Lethbridge

6.0 Required Text

Baudin, J.P. (Ed.). (1994) Coaches Manual Level I Fundamentals of Coaching Volleyball. Volleyball Canada

7.0 Student Evaluation:

7.1 Skill Evaluations: Skills testing (5 skills 10 points each) 50 %
Overhand pass, forearm pass, serving, attacking, blocking and digging will be the basic volleyball skills evaluated.

7.2 Term Work 20 %
Term work will be centered on the Big Red Volleyball Tournament in September. Students will volunteer as score keepers, minor officials, site coordinators, etc. (Your volunteer time will last a minimum of four hours)

7.3 Written Examination 25 %
(The written examination will consist of the NCCP level one examination as administered by the Alberta Volleyball Association)

7.4 Warm-up: Design and lead one fifteen minute volleyball warm-up. 5%

8.0 Attendance PA 1370

The Department of Physical Education, Athletics and Kinesiology allows a maximum of three unexcused absences in an activity course. Any student with more than three unexcused absences may be barred from writing the final examination in this course.