

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

1.0 Course description

Acquisition of theoretical knowledge and personal skill in the fundamental skills of volleyball. Students will be taught in individual and small group settings.

2.0 Learning Objectives

2.1 To demonstrate the basic skills of volleyball.

(Forearm passing, Overhand passing, Serving, Attacking, Blocking, 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.

op 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 4:00-5:20 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 1 Fundamentals of Coaching Volleyball. Volleyball Canada

7.0 Student Evaluation

7.1 Skill Evaluations 50 %

Overhand pass, forearm pass, serving, attacking, blocking and digging will be the basic volleyball skills evaluated. A qualitative evaluation of your volleyball play will occur during a 3 on 3 volleyball tournament.

- Skills testing (6 skills 5 points each)
- Qualitative evaluation: 20 points (3 on 3 tournament)

7.2 Term Work 10 %

(Term work will be centered on the CCAA national championships hosted by GPRC, March 02. Students will be expected to volunteer for a CCAA host committee.)

7.3 Teach One Volleyball Skill Progression: 10 %

Students will chose one volleyball skill and present a progression for that skill.

7.4 Written Examination 30 %

7.0 Attendance PA 1370

The Department of Physical Education, Athletics and Kinesiology allows a maximum of 10 % of unexcused classes in activity courses. Any student with more than 3 unexcused classes may be barred from writing the final examination for this course.