

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

Course Outline – Fall 2003
PA 1370
Volleyball

Instructor: Ron Thomson Office: K217 Phone: 539-2901

Class Times: Monday & Wednesday 4:00pm – 5:20pm

Location: GPRC Gymnasium

Transferability: PA 137 (1.5) University of Alberta
PEAT 219/319 (1.5) University of Calgary
PHAC 2545 (1.5) University of Lethbridge

Course Description: Acquisition of theoretical knowledge and personal skill in individual and team activities, basic volleyball coaching strategies, basic game play strategies and officiating will be the goals of this course.

Course Objectives:

1. To demonstrate the fundamental skills in volleyball. (Forearm passing, Overhead passing, Serving, Attacking, Blocking and Backcourt defensive skills)
2. To understand 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.
3. To develop progressions for the basic skills in volleyball.
4. To develop volleyball coaching skills necessary to run volleyball drills.
5. To understand the rules of the game.
6. To achieve a NCCP Level 1 Volleyball Status.

Required Text: Coaching Manual Level 1 Fundamentals of Coaching Volleyball
Baudin, J.P. (Ed.), 3rd Edition, (1994)
Publishers: Volleyball Canada

Evaluation:

- Skill Evaluations 40%

Students will be evaluated through both a subjective and objective process on the following skills: forearm pass, overhead pass, serving, and attacking.

- Team Play 10%

Team play evaluation will be the Instructors subjective view while observing team play during the last month.

- Practice Evaluation Assignment 10%

- Term Work 10%

Student will be expected to volunteer 4 hours of service as a scorekeeper, linesperson or site coordinator during either the Big Red High School Volleyball Tournament September 26-27 or at the Wolves Invitational Men's Volleyball Tournament October 3-4.

- Rules Quiz 5%

- Final Exam: 25%

The final written exam will cover all material presented throughout the course. Scheduled for the last class December 8th.

Attendance/Missed Exam/Assignments:

Attendance is compulsory. 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 absences will not be allowed to write the final exam. Missed exams and testing will result in a zero.