

Grande Prairie Regional College
Department of Physical Education and Athletics
PA 1370 Volleyball
Winter 98

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 acquire the basic skills of volleyball.

(Forearm passing, Overhand passing, Movements skills, Serving, Attacking, Blocking, Digging)

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

2.3 To develop progressions for basic skills in volleyball.

2.4 To participate in a volleyball competition as a volunteer.

2.5 To develop the basic ball control skills needed to teach volleyball.

3.0 Instructor

David Kay, Office K215, Phone:539-2034, kay@gprc.ab.ca

4.0 Class schedule

Tuesdays/ Thursdays 9:30-10:50

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.(1994) Coaches Manual Level 1 Fundamentals of Coaching Volleyball, Volleyball Canada

7.0 Student Evaluation

7.1 Skill Evaluations 50 %

(both quantitative and qualitative evaluations will be used)

7.2 Term Work 10 %

(term work will be centered on the CCAA national championships that GPRC is hosting March 5,6,7. Students will be encouraged to volunteer for a committee to host the Nationals)

7.3 Written Progression: 20 %

* students will chose one basic volleyball skill and prepare a progression for that skill. Due March 19. (late projects will be assessed a 25 loss for each day late)

7.4 Written Examination 20 % (given during examination week)

* students may acquire level one of the National Coaching Certification Program with submitting an examination fee (tba) and writing the level one technical exam.

8.0 Attendance PA 1370

The Department of Physical Education and Athletics 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.