

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE- PA 1370
INTRODUCTION TO VOLLEYBALL
FALL 1996

Instructor : Lee Carter Office: K215 Phone: 539-2034

Course Objectives:

1. To acquire the basic skills required for volleyball and to understand how these skills are used in combination in performance situations.
2. To develop an understanding for the coaching strategies of volleyball skills in the acquisition and familiarization stages.
3. To develop an understanding of basic tactics, offensives, and defensive systems of play.
4. To develop an understanding of the rules, terminology, history, and organizational aspects of volleyball.

Schedule: Monday, Wednesday, and Friday, Gymnasium, 12:00- 12:50.

Transfer Credits:

U. of Alberta PAC 137 (1.5)
U. of Calgary PEAT 219/319 (1.5)
U. of Lethbridge PHAC 2545 (1.5)

Course Evaluation:

Skill performance	50%
Personal Improvement project	20%
Term work	10%
Written test	<u>20%</u>
	100%

Course schedule

- Sept. 9 - introduction
- Sept. 11 -forearm pass
- Sept. 13 - forearm pass, overhead pass
- Sept. 16 - overhead pass and serving
- Sept. 18 -serving and attacking
- Sept. 20 -attacking
- Sept. 23 -attack , blocking
- Sept. 25 -blocking and indiv. defense
- Sept. 27 -all skills
- Sept. 30 - all skills -Review and combinations
- Oct. 2- Oct. 28 all skill review and combinations

OCTOBER 30- NOVEMBER 6 -Skill Evaluation

- Nov. 10 - team play
- Nov. 13 - Nov. - systems

Nov. 29 - Written Test

Dec. 2 - Dec. 6 tournament play

Skill performance- Students will be assessed on their ability to perform the basic skills of volleyball. These skills include forearm, overhead passing, serving blocking, spiking, and defense. Testing will take place during the first few classes in November. Students will also be assessed on their ability to function as a team member during the in class tournament in December.

Personal Projects - Students with little or no experience will be expected to practice at least three hours per week in addition to class time and will submit a log detailing the practices and extra time activities. Students with a volleyball background will create a video analysis of their own skills, or can create a project to enhance their own development (jump training or weight program) These projects will be due Friday Nov. 29.

Term Work - Students are expected to work as scorekeepers, lines person or tournament whip at the Big Red High School tournament Sept. 27-28 , at the Little Red Junior High School Tournament, or at the College Mens' tournament Oct. 18-19.

Written test - The Written test will be on Friday Nov. 29 and will cover all material covered in the course.