

Grande Prairie Regional College
Department of Physical Education and Athletics
PA 1370 Volleyball
Winter 2000

Lee Carter 539-5051, email: sparky_carter@hotmail.com

1.0 Course description:

This course aims at the acquisition of theoretical knowledge and personal skill development in volleyball. In addition to personal technical development basic volleyball strategies and volleyball 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, free ball and down ball transitions, serving strategies, defensive transitions, offensive coverage.

2.3 To develop progressive for the basic skills in volleyball.

2.4 To participate in a volleyball competition as a minor official or volunteer.

2.5 To develop the basic ball control skills (coaching skills) useful in teaching and drilling volleyball fundamentals

3.0 Class Schedule

Tuesdays/Thursdays 1:00 - 17:00

4.0 University Transfer:

PA 137 (1.5) University of Alberta

PEAT 219/319 (1.5) University of Calgary

PHAC 2545 (1.5) University of Lethbridge

5.0 Required Text:

Bandin, 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%

The term work will be centered on the CCAA national championship that GPRC is hosting March 4,5,6. Students will be encouraged to volunteer for a committee to host the CCAA Nationals.

7.3 Video Critique 10%

Students select on volleyball video available in the LRC and complete a critique.

7.4 Final Examination 30%

*students may acquire level one of the National Coaching Certification Program with submitting an examination fee (150) and writing the level one technical exam

8.0 Attendance P.A. 1370

The Department of Physical 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.