

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PA 1370
INTRODUCTION TO VOLLEYBALL
FALL 1994

Instructor: Leigh Goldie

Office: K219

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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 teaching progressions of volleyball skills in the acquisition and familiarization stages.
3. To develop an understanding of basic strategies and tactics and basic offensive 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 (3)
U. of Calgary	PEAT 219/319 (1.5)
U. of Lethbridge	PHAC 2545 (1.5)

Course Evaluation:

Skill performance	40%
Personal improvement project	20%
Team play	10%
Term work	10%
Written test	20%
Total	100%

Skill performance - Students will be assessed on their ability to perform the basic skills of volleyball, including forearm and overhead passing, serving, blocking, spiking, and defense. Testing will take place during the first few classes in November.

Personal improvement project - 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 these times and activities. Students with a volleyball background will create a project to enhance their own development such as a video analysis of their own skills. These projects will be due on Friday, Dec. 2.

Team play - Students will be assessed on their ability to function as a team member during the in-class tournament in December.

Term work - Students are expected to work as a scorekeeper, linesperson or tournament whip at the Big Red High School Tournament or at a Wolves Tournament during the semester.

Written test - The written test will be on Wednesday, Nov. 30 and will cover all material covered in the course.