

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
COURSE OUTLINE - PA 1370
INTRODUCTION TO VOLLEYBALL
FALL 1995

Instructor: Leigh Goldie

Office: K219

Phone: 539-2978

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 (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	20%
Total	100%

COURSE SCHEDULE

SEPT. 8 - Introduction
SEPT. 11 - Movement, Forearm Pass
SEPT. 13 - Forearm Pass, Overhead Pass
SEPT. 15 - Overhead Pass, Serving
SEPT. 18 - Serving, Attacking
SEPT. 20 - Attacking
SEPT. 22 - Attacking, Blocking
SEPT. 26 - Blocking, Defense
SEPT. 28 - All skills - Review, drills, combinations
SEPT. 30 "
OCT. 2 "
OCT. 4 "
OCT. 6 "
OCT. 11 "
OCT. 13 "
OCT. 16 "
OCT. 18 "
OCT. 20 "
OCT. 23 "
OCT. 25 "
OCT. 27 "
OCT. 30 - Skill Evaluation
NOV. 1 "
NOV. 3 "
NOV. 6 "
NOV. 8 "
NOV. 10 - Team Play
NOV. 13 "
NOV. 15 "
NOV. 17 "
NOV. 20 "
NOV. 22 "
NOV. 24 "
NOV. 27 "
NOV. 29 - Written Test
DEC. 1 - Tournament Play
DEC. 4 "
DEC. 6 "
DEC. 8 "

Skill performance - Students will be assessed on their ability to perform the basic skills of volleyball. These skills include forearm and 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 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. 1.

Term work - Students are expected to work as a scorekeeper, linesperson or tournament whip at the Big Red High School Tournament (Sept. 29/30) or at the Little Red Junior High Tournament (Oct. 7).

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

***** NCCP LEVEL 1 TECHNICAL CERTIFICATION** - Students wishing to pursue their Level 1 Volleyball Technical Certification may do so during this course. One of the requirements will be perfect attendance and a \$40.00 fee will be payable to the Alberta Volleyball Association.