

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS**

PA 1370 - INTRODUCTION TO VOLLEYBALL

INSTRUCTOR : Ron Thomson
OFFICE : K217
PHONE : 539-2901
CREDIT : 3.0 Credits
CLASS SCHEDULE : Tuesday and Thursday 3:00 - 4:20 p.m.
September 7th to December 9th
LOCATION : Gymnasium

COURSE OBJECTIVES:

1. Acquisition of the basic skills required for volleyball and an understanding of how these skills are used in combination in performance situations.
2. To develop an understanding for the teaching progressions involved in the basic acquisition and familiarization of volleyball skills.
3. To develop an understanding of the basic principles of team play in volleyball (basic offensive and defensive systems of play and basic strategies and tactics).
4. To develop an understanding of the basic rules, basic terminology, history, sociocultural contexts and organizational aspects as they pertain to volleyball.

COURSE EVALUATION:

Volleyball Skill Execution	50%
Volleyball Team Play	15%
Project	10%
Final Written Exam	<u>25%</u>
Total	100%

Skill Execution and Team Play

Skill evaluation will consist of both a subjective and objective component. Subjective being the instructors perception as to how well technically the skill is performed and objective being a performance criteria such as the number of passes made on target. Team play evaluation will be the instructors subjective view while observing team play during the last month.

Project

The project for this class will be to work as a scorekeeper, linesman or tournament whip at the Big Red High School Tournament September 24th and 25th. This will be worth 10% of your course grade.

Final Written Exam

The final exam will occur during the last class on December 9th. This will be worth 25% of the final grade. The final exam will cover all information covered throughout the whole course.

ATTENDANCE: Attendance at classes is essential if a student expects to pass this course. The Department of Physical Education and Athletics Policy concerning attendance of activity classes is that unexcused absence from 10% or more class sessions is considered insufficient attendance. Strive for 100% attendance and if you have to miss a class see your instructor prior to the class. This policy will be strictly enforced in this class.