Spring 2000

HPER 050: Adaptive Program

Rick Vander Berg
Dordt College

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HPER 44 - VOLLEYBALL
COURSE SYLLABUS

Course Description
Development of skills and techniques, and participation in power volleyball.

Course Instructor
Glenn Bouma

Course Goals
The Student will:
1. Experience enjoyable competence in recreational level volleyball.
2. Know the rules and scoring of the game.
3. Demonstrate basic competency in the skills of underhand passing and digging, serving, setting, blocking, and attacking.
4. Understand and execute basic offenses and defenses.
5. Appreciate leisure and recreation as God’s gift to us.

Course Outline
1. Rules and Officiating
2. Basic Movement and Communication
3. Passing and Floor Defense
4. Serving
5. Overhead Passing and Setting
6. Attacking
7. Blocking
8. Basic Offenses

Methods of Instruction
Lecture, demonstration, drills, and play.

Evaluation
Evaluation will take place through class attendance and participation. Students are required to be at all class sessions. No credit will be given to students who have an excess of one excused absence.

Attire
Students need to wear tennis shoes and be appropriately dressed.