PHED 133: Volleyball

Moravian College
Beginning Tennis PHED 133
Monday/Wednesday 10:20-11:10 AM
The Athletic & Recreation Center
Spring I 2005

Faculty: Eric Lambinus
Department of Athletics and Physical Education
610-625-7953 (Extension 7953)
soccer@moravian.edu
Office Hours: 10:00 AM – 3:30 PM M-F

COURSE OBJECTIVES
Students will learn the basic skills of volleyball using the standard method of instruction and group instruction. Each of the skills (bump, dig, set, spike, serve, etc.) will be taught in a group lesson with students have an opportunity to practice the skills and to be evaluated. Upon the completion of the instruction, the students will learn the basics of standard volleyball and have the opportunity for competition. Competition during class will primarily consist of small-sided games in order to increase the participation of the students.

COURSE REQUIREMENTS
1. Attendance
2. Active Participation
3. Cooperation with classmates and instructors
4. There may be two unexcused absences. Any more and you will not receive a passing grade.
5. If all requirements are met the student will pass the course.

SCHEDULE
1/10 Introduction
1/12 Open Play
1/17 & 19 Bump
1/24 Setting
1/26 Setting & Spiking
1/31 & 2/2 Serving
2/7 & 9 Open Play
2/14 & 16 3v3 Competitions
2/21 & 23 6v6 Competitions
2/28 & 3/2 Open Play