



**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**VOLLEYBALL I**  
PKIN 3320 2.0, 2017

**Dates:** Tuesdays and Thursdays                      **Place:** Tait McKenzie Gymnasium

Section N: 1:30 to 2:20

**Instructor:** Hernán E. Humaña ([hhumana@yorku.ca](mailto:hhumana@yorku.ca))  
358 Stong College, phone 41-736-2100 x 66910

**Objectives:** Students should be able to execute the basic skills of Volleyball with appropriate ball control. These skills include:

- overhand pass (volley)
- forearm pass (bump)
- serve (underhand and tennis)
- attack (various types)
- block

The expectation is that these skills will be applied in game situations. As well, students are expected to have a rudimentary grasp of the rules of the game and terminology relevant of the game.

**Method of Evaluation:**

Theory:	Written test	30%
Practical:	Skill tests	30% (serve, forearm pass and volley)
	Playing Test	40% (students will be placed on teams and they will be ask to play according to the rules of the sport.)

**Requirements:** Attendance: minimum 80% active participation  
Appropriate athletic attire

**Text:** Notes designed for the PKIN (\$5.00)

**Note:** Be aware that limited volleyball knowledge may require some extra practice.

## CALENDAR

Class	Theme
1. Thu Jan 5	Introduction and Overview
2. Tue Jan 10	How to Play – Basic Volleyball Play
3. Thu Jan 12	Forearm Pass and play
4. Tue Jan 17	Practice of Forearm Pass and play
5. Thu Jan 19	Playing Day
6. Tue Jan 24	Volley and play
7. Thu Jan 26	Practice of Volley and play
8. Tue Jan 31	Playing Day
9. Thu Feb 2	Attack and play
10. Tue Feb 7	Practice of Attack and play
11. Thu Feb 9	Playing Day
12. Tue Feb 14	Block and play
13. Thu Feb 16	Practice of block and play
	<b>Feb 18-24 Reading Week</b>
14. Tue Feb 28	Serve and play
15. Thu Mar 2	Practice of serve and play
16. Tue Mar 7	<b>Testing Day!</b>
17. Thu Mar 9	Serve-reception – W
18. Tue Mar 14	Defensive positions – 6-up and 6-back
19. Thu Mar 16	Play practicing defensive positions
20. Tue Mar 21	Offensive system (6-0)
21. Thu Mar 23	Play practicing Offensive System
22. Tue Mar 28	Playing and Organization of Tournament
23. Thu Mar 30	<b>Final Playing test</b>
24. Tue Apr 5	<b>Written final test in the gymnasium</b>

