

Semester – IV
PART – B: PRACTICUM COURSE
BPC – 401 (G): TEAM GAME (VOLLEYBALL)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the fundamental skills of Volleyball and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the Volleyball court, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Volleyball federations.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic Volleyball skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the Volleyball at national and international levels, National and International Bodies controlling Volleyball and their affiliated units, Major National and International competitions.

Fundamental Skills

- Service-Under Arm Service, Tennis Service, Floating Service.
- Overhead finger pass.
- The Dig (Under Arm pass).
- Smash and Block – individual and team
- Back court defence
- Defensive and Offensive strategies

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS**Marks: 50**

- End Semester Exam (External) **Marks: 25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)