

G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT

ASSOCIATE DEGREE IN COACHING

MAY 2022 EXAMINATION

VOLLEYBALL LEVEL 1

YEAR 1

TIME: 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions from Section A and TWO questions from Section B.

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A (30 marks)
Answer ALL questions in this section.

1. Provide the name of any THREE lines on the volleyball court. (3 marks)
2. What is the height of the volleyball net for men? (1 mark)
3. Arrange the number and names of the positions of players in a "W" formation. (6 marks)
4. Give a brief history of the game of volleyball. (6 marks)
5. Give a brief description of the role of the libero. (3 marks)
6. a) Describe the objective of the volleyball game (3 marks)
b) List any TWO game officials used in a volleyball game (2 marks)
7. Define the following:
 - a) Rally (2 marks)
 - b) Forearm pass (2 marks)
 - c) Underarm serve (2 marks)

SECTION B (50 marks)
Answer any TWO questions from this section.

1. a) Describe the overhead serve in terms of the following: *stance, execution, and follow-through*. (15 marks)

b) Explain TWO activities that could be used to develop *the Overhead serve*. Proper teaching progression should be included. Use simple diagrams to illustrate how the activities are done. (10 marks)

2. Explain to a group of grade 8 students the steps in executing the *forearm pass*. Teaching progressions and simple diagrams should be used to demonstrate each step. (25 marks)
3. a) Briefly explain what is *spiking* in volleyball. (4 marks)
- b) Explain how to execute the *spike*. (6 marks)
- c) Outline THREE activities that could be used to develop *the spike*. Proper teaching progression should be included. Use simple diagrams to illustrate how the activities are done. (15 marks)
4. a) Briefly explain what is *blocking* in volleyball. (4 marks)
- b) Explain how to execute the blocking. (6 marks)
- c) Outline THREE activities that could be used to develop *blocking*. Proper teaching progression should be included. Use simple diagrams to illustrate how the activities are done. (15 marks)
5. Explain to a group of grade 10 boys how to execute and develop *the block*. Teaching progressions and simple diagrams should be used to demonstrate each step. (25 marks)

END OF EXAMINATION



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