

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PED 155 – WALLYBALL (1 CR.)

Course Description

Introduces wallyball skills, techniques, strategies, rules and scoring. Lecture 1/2 hour. Laboratory 1 hour. Total 1 and ½ hours per week.

General Course Purpose

The purpose of this course is to introduce the student to the proper techniques, skills, strategy, rules, and scoring needed to play and enjoy the game of wallyball.

Course Prerequisites/Co-requisites

None

Course Objectives

Upon completion of the course students will be able to:

- Demonstrate a knowledge of wallyball scoring, rules and terminology
- Perform the following skills: serve, forearm pass, set overhead pass, dig, block and spike
- Apply the use of strategy in various playing positions
- Demonstrate an appreciation for the concept of team play and sportsmanship

Major Topics to be Included

- a. History of wallyball
- b. Scoring, rules and terminology
- c. Skills demonstration and practice including the serve, forearm pass, set overhead pass, dig, block and spike
- d. Strategy incorporated in game play
- e. Sportsmanship