



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – Winter 2019

PA1370 (A3): Instruction of the Basics of Volleyball– 3 (0-0-3) 45 Hours

INSTRUCTOR: Chantelle LaMotte
OFFICE: K221

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OFFICE HOURS: Wednesdays 11:30am-1:00pm *please email for an appointment

CALENDAR DESCRIPTION: Acquisitions of theoretical knowledge and personal skills used in the instruction of the basics of volleyball.

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Baudin, J. Pierre (ed). *Fundamentals of Coaching Volleyball*, Edition 3.5 2011 Level 1 Coaches Manual
Available at the Bookstore and Volleyball Alberta Association

Websites:

Online Rulebook (http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame_VB.asp)

Volleyball Canada (www.volleyball.ca)

Alberta Volleyball Association (www.volleyballalberta.ca)

FIVB (<http://www.fivb.org>)

DELIVERY MODE(S): Guided Activity, presentations, demonstrations, & gym/ classroom activities

COURSE OBJECTIVES:

1. Gain an understanding of the fundamental skills of volleyball including forearm passing, overhead passing, attacking, blocking, and backcourt defensive skills.
2. Explore the basic team strategies of volleyball including defensive formations, offensive formations, blocking, and free/down ball transitions, defensive and offensive coverages.
3. Discuss current theoretical and practical aspects of the instruction of volleyball.
4. Explore error detection and correction in volleyball at various age and skill levels.
5. Develop the volleyball coaching skills necessary to run volleyball drills.

LEARNING OUTCOMES:

After successful completion of this course, the student will be able to:

1. Explain the basic rules of volleyball
2. Discuss the important theories and concepts in the study of volleyball skill development.
3. Demonstrate and analyze sport specific motor skills.
4. Actively participate as a learner, coach, teacher and/or facilitator of volleyball.
5. Analyze volleyball skills to detect errors to provide feedback and/or correction.
6. Plan and lead portions of skill development.
7. Manage the learning environment in a manner that is non-threatening and safe to avoid injury.
8. Discuss volleyball within the context of sport for people with disabilities.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Lab Engagement	10 %
Skill Assessment	20 %
Midterm	20%
Warm Up Drill Plan	5 %
Warm Up Drill Presentation	5 %
Match Observation Assign.	10%
Final Exam	30%

Lab Engagement 10%

Since the lab sessions involve physical practice and practical application of the theory, engagement is crucial and attendance is imperative. Students are responsible for the material presented in all sessions. **Marks will be deducted for every unexcused absence.** The instructor will make the final decision about the absence.

Skill Demonstration Assessment – 20 %

The student’s ability to demonstrate the basic skills of the activity in controlled situations.

Skills will be evaluated using a rubric based tool developed by volleyball experts and emphasizing proper biomechanics. The student’s execution of the basic physical skills required to instruct the activity. These skills will be evaluated based on the level of performance demonstrated.

- Forearm Pass
- Overhead Pass (Set)
- Block
- Attack
- Serve

Assignments will be discussed in detail in class

GRADING CRITERIA: (The following criteria may be changed to suit the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Course schedule is also posted on Moodle

DATE	TOPIC/ ASSIGNMENT
Jan. 3	Course Outline /Introduction & Warm Up Drill Explanation
Jan. 8/10	Net Set up; Assignment Explanation Basic Movement Skills; Forearm Passing Progressions Overhead Passing Progressions
Jan. 15 /17	Setter Progressions; Serving introduction
Jan. 22 /24	Jan 22 Skill testing Forearm Pass /Jan 24 Skill testing Overhead Pass
Jan. 29/31	Attacking Introduction; Attacking & Serving Progressions;
Feb. 5 th	MIDTERM In Classroom D308
Feb. 7 th	Serving practice and Mini Games
Feb. 12 th / 14 th	Skill testing Serving
Feb. 18/ 22	NO CLASS READING WEEK
Feb. 26/ Feb. 28	Serve Receive Formations; Serving Tactics
Mar. 5 / 7	March 5 th Defensive Formations March 7 th Sitting Volleyball
Mar. 12/14	Skill testing Attacking
Mar. 20/22	Mar. 20 Beach Volleyball / Triple ball/ Spike ball Mar.22 Atomic / Smashball
Mar. 26	Block Intro & Coach Skills
Mar. 28	NO CLASS
April 2/4	Tournament Play Coed 4's
April 9/11	Tournament Play & Final Exam Review
April 17-27	FINAL EXAMS

STUDENT RESPONSIBILITIES:

- Students must come prepared in athletic gear every class (proper running shoes, clothes to move and sweat in)
- Regular attendance and engagement is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.