



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)

COURSE OUTLINE – FALL 2014

PA 1370 INSTRUCTION OF THE BASICS OF VOLLEYBALL – 3.0 (0-0-3) 45 HOURS

INSTRUCTOR: Chris Watson

PHONE: 780-539-2972

OFFICE: K 216

E-MAIL: cwatson@gprc.ab.ca

OFFICE HOURS: Tuesday and Thursdays 2:00-3:00 pm ; Friday 11am-12pm

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Baudin, J. Pierre (ed). *Fundamentals of coaching volleyball – Level 1 coaches manual (3rd ed)*. Ottawa: Volleyball Canada, 1994.

WEBSITES: Alberta Volleyball Association – www.albertavolleyball.com

Volleyball Canada – www.volleyball.ca

FIVB – www.fivb.org

Canadian sport for Life – www.canadiansportforlife.ca

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skill used in the instruction of the basics of volleyball.

CREDIT/CONTACT HOURS: 3.0 (0-0-3)

DELIVERY MODE(S): Presentations, demonstrations and activities in the gym and classroom.

OBJECTIVES: 1. To be able to demonstrate the fundamental skills of volleyball including forearm passing, overhead passing, attacking, blocking and backcourt defensive skills.

2. To understand the basic team strategies of volleyball including defensive formations, offensive formations, blocking, free ball and down ball transitions, defensive and offensive coverages.

3. To introduce students to both the theoretical and practical aspects of the instruction of volleyball.

4. To gain experience in error detection and correction.

5. To develop the volleyball coaching skills necessary to run volleyball drills.

6. To potentially achieve NCCP Level 1 Volleyball Technical training.

COURSE CONTENT:

The following topics will be covered during the class:

- **Volleyball in Alberta, Canada and the World**
- **LTAD and Physical Literacy**
- **Basic movement skills**
- **Forearm and overhead pass, attacking, serving, blocking, defense**
- **Error detection and correction**
- **Basic coaching skills**
- **Basic team play**
- **Practice management**
- **Development games – circulation & atomic volleyball, triple ball**

TRANSFERABILITY: **University of Alberta**
 University of Calgary
 University of Lethbridge

**** 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:	Physical Assessment	40%
	Forearm Pass	10%
	Overhead Pass	10%
	Attack	10%
	Serving	10%
	Practical Assignments	40%
	Leading Warm-up/Drill/	
	Practice Plan	15%
	Skill Analysis	15%
	Engagement	10%
	Theory Exam	20%

STUDENT RESPONSIBILITIES: Students are expected to fully participate in all activities and are expected to complete all assignments and projects on time. Students with 3 or more unexcused absences will be prohibited from participating in the final physical assessment and theory exam.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STATEMENT ON PLAGIARISM AND CHEATING:

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.

