



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)

COURSE OUTLINE – FALL 2015

PA 1370 INSTRUCTION OF THE BASICS OF VOLLEYBALL (A2)

3 (0-0-3) 45 HOURS

INSTRUCTOR: Chris Watson **PHONE:** 780-539-2972
OFFICE: K 216 **E-MAIL:** cwatson@gprc.ab.ca

OFFICE HOURS: Monday 11:30 - 12:30 pm Tuesday / Thursday 10:00 – 11:00 am

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

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Available in PDF format on Moodle:

Paiement, M. and Leblanc, L. *Volleyball Canada Workshop 1 – Coach Workbook*. Ottawa: Volleyball Canada, 2011.

To achieve NCCP Level 1 Volleyball Technical certification you require:

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
NCCP – www.coach.ca

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

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.
6. Potentially achieve NCCP Level 1 Volleyball Technical training.

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.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays and Thursdays

4:00-5:20pm

Gymnasium

DATE	TOPIC/ASSIGNED READING
Sept. 3	Course Outline: Intro to Volleyball
Sept. 8/10	Basic Movement Skills
Sept. 15/17	Forearm Passing progressions
Sept. 22/24	Overhand Passing progressions
Sept. 29/Oct. 1	Attacking progressions
Oct. 6/8	Serving/Blocking progressions

Oct. 13/15	Serve Reception – Defense
Oct. 20/22	Basic Team Tactics /Coach Skills
Oct. 27/29	Tournament Week/Practice Management
Nov. 3/5	Atomic / Triple ball / Sitting Volleyball
Nov. 10	Forearm Pass Assessment
Nov. 17/19	Overhead Pass and Attacking Assessment
Nov. 24/26	Serving Assessment, Drill Day, and Practice Plan Due
Dec. 1/3	Tournament week
Dec. 8	Skill Analysis Due
TBA	Final Theory exam

EVALUATIONS:

Physical Assessment	40%
Forearm Pass	10%
Overhead Pass	10%
Attack	10%
Serving	10%
Practical Assignments	30%
Leading Warm-up/Drill/	
Practice Plan	15%
Skill Analysis	15%
Final Theory Exam	30%

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

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at

www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at

www.gprc.ab.ca/d/STUDENTMISCONDUCT

****Note:** all Academic and Administrative policies are available at
www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.

Please refer to the Alberta Transfer guide for current transfer agreements:

www.transferralberta.ca