



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY (PEAK)**

**COURSE OUTLINE – WINTER 2013**

**PA1370 INSTRUCTION OF THE BASICS OF VOLLEYBALL – 3.0 (0-0-3) 45 HOURS**

**INSTRUCTOR:** Chris Watson                      **PHONE:** 780-539-2972  
**OFFICE:** K 214                                      **E-MAIL:** cwatson@gprc.ab.ca

**OFFICE HOURS:** Tuesday and Thursday 1:00-2:00 pm

**PREREQUISITE(S)/COREQUISITE:** None

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

**WEBSITES:** Alberta Volleyball Association – [www.albertavolleyball.com](http://www.albertavolleyball.com)

Volleyball Canada – [www.volleyball.ca](http://www.volleyball.ca)

FIVB – [www.fivb.org](http://www.fivb.org)

Canadian sport for Life – [www.canadiansportforlife.ca](http://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**

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

**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 <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	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/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

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