



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2017

PA 1370 (A3): INSTRUCTION OF THE BASICS OF VOLLEYBALL 3 (0-0-3) UT 45 HOURS

INSTRUCTOR: Chris Watson

PHONE: 780-539-2972

OFFICE: K 216

E- cwatson@gprc.ab.ca

MAIL:

OFFICE HOURS: Tuesdays and Thursdays 10:00 am – 11:00 am or by appointment

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

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

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

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.

TRANSFERABILITY:

UA, UL

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:	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:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

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:

Tuesdays and Thursdays

4:00-5:20 pm

Gymnasium

DATE	TOPIC/ASSIGNED READING
Jan. 5	Course Outline: Intro to Volleyball
Jan. 10/12	Basic Movement Skills
Jan. 17/19	Forearm Passing progressions
Jan. 24/26	Overhead Passing progressions
Jan. 31/ Feb. 2	Attacking progressions
Feb. 7/9	Serving/Blocking progressions
Feb. 14/16	Serve Reception – Defense
Feb 21/23	Reading Week – NO classes
Feb. 28/Mar.2	Basic Team Tactics /Coach Skills
Mar. 7/9	Tournament Week/Practice Management
Mar. 14/16	Atomic/ Tripleball / Sitting Volleyball/ Spikeball / Smashball
Mar. 21/23	Forearm Pass Assessment
Mar. 28/30	Overhead Pass and Attacking Assessment

Apr. 4/6	Serving Assessment, Drill Day, and Practice Plan Due
April 11	Skill Analysis Due Tournament Finale
TBA	Final Exam

STUDENT RESPONSIBILITIES:

- Students must come prepared in athletic gear every class (proper running shoes, clothes to move and sweat in)
- Regular attendance 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.