

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PA 1370
Physical Activity Course Level I (Volleyball)**

Course Outline Fall 2004

I. General Information

Instructor: Harry Stevens
Office: K 218
Phone: 539-2974
Class Time: T R 10:00-11:20
Location: Gym

Credit: 1.5 Credits
Equivalent to PAC 137 (1.5 credits)--U of A.
PEAT 219/319 (1.5 credits)-- U of C.
PHAC 2545 (1.5 credits)-- U of L.

II. Course Objectives

1. To develop the basic psychomotor skills of the game of volleyball.
2. To introduce students to a number of theoretical aspects of volleyball.
3. To promote participation and development of a positive attitude toward the life long sport of volleyball.
4. To create a safe learning environment.

III. Resources

Required Text: Baudin, Pierre, Coaches Manual Level 1, National Coaching Certification Program, Volleyball Canada, 3rd edit, 1994.

IV. Class Format

The mark breakdown for the course will be as follows:

Learning Behavior/Rule Quiz	10%
Practice Analysis	10%
Community Service	10%
Final Exam	20%
Basic skills assessment and game play	<u>50%</u>
	100%

Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is November 5th, 2004.

V. Course Evaluation

Alpha Grade of A+ and A equates to 4.0 equivalence, this is the highest level of achievement and therefore classifies as **excellent**.

1. In terms of **volleyball ability** this would require the student to be able to demonstrate the following skills, in testing situations, in game play, and in practice.
 - Forearm pass
 - Overhead pass
 - Attack
 - Serve
 - Team play skills
 - Block (optional)
 - Coaching skills (optional)
2. In terms of **volleyball knowledge**, the student should be able to show their understanding of the rules, history, strategies, skill progressions, warm up activities lead-up games, prevention of injuries and learning strategies of the game of volleyball.
This will be measured in 3 ways, a short quiz, a written final exam, and a video

analysis. Each of these should receive a grade of A+ or A to support a high degree of understanding of these components of volleyball.

3. Finally the student seeking the excellent rating should be able to illustrate **good learning behavior**, by being appropriately dressed, punctual, considerate towards others, have a good work ethic, and help to create a good learning environment for the volleyball class. This will be determined from the student attendance records, and in-class observation of each student.

The three elements of evaluation are weighted to indicate the emphasis placed on each element. If the weighting's create an unreasonable chance of success then the student, through consultation with the instructor, can change the percentages by adding elements like a second video analysis, a research paper, or a practical teaching session. The 10 - 20 % of marks reallocated will hopefully realign the weighting's to the student's benefit. Students seeking this kind of evaluation need the instructor's approval prior to September 30th. **Practice** outside of class time is **highly recommended**. The test items will not be allowed retakes, including the video analysis assignment. **Please** ask if you are not clear as to what is expected of you in regards to how you will be evaluated in this class.

Note: Please see instructor for details for CBET Level 1 Volleyball Certification.

PA 1370 Volleyball SCHEDULE '04

<u>Date</u>	<u>Content</u>	<u>Important Dates</u>
September 7	Introduction camera/video	
September 9	Class cancelled	
September 14	Game play analysis and rules	Sept 16 Rules test <10%
September 16	The attack and rules test #1	Sept 18/19 Alumni
September 21	Overhand pass	
September 23	Forearm pass	Sept 24/25 Big Red
September 28	The Serve	
September 30		Oct 2/3 Men's Invitational
	<i>Footwork and positioning</i>	
October 5	The Block	
October 7	2 on 2 tournament	Oct 8/9/10 Little Red
October 12	Basic team tactics	
October 14	Basic team tactics	Oct 15/16 VB NAIT
October 19	4 on 4 tournament	
October 21		
	<i>Skills review</i>	
October 26		
	<i>Setting</i>	
October 28	Backcourt Defence	Oct 29/30 VB PC
November 2	Fitness Conference	No VB Class
November 4	Skill testing and team play	Community Service Due 10%
November 9	Skill testing and team play	Nov 12/13 VB KC
November 11		No classes
	<i>College closed</i>	
November 16	Skill testing and team play	
November 18	Skill testing and team play	Practice analysis Due 10%
November 23	Skill testing and team play	
November 25	Skill testing and team play	
November 30	6 on 6 Tournament	Dec 9 final test
December 2	Skill testing and team play	

December 7	Skill testing and team play
December 9	Written test #2