

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

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

**Course Outline Fall 2005**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K 219  
**Phone:** 539-2974  
**Class Time:** T R 16:00-17:20  
**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, 3<sup>rd</sup> edit, 1994.

External Links: See Blackboard for external link sites.

#### **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%

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**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 4th, 2005.**

#### **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 29th. **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.