

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

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

Course Outline Fall 2007

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 establish a variety of learning styles for teaching volleyball.
5. 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.

External Links: See Blackboard for external link sites.

IV. Class Format

The mark breakdown for the course will be as follows:

Learning Behavior	10%
Practice Analysis/teaching session	10%
Community Service/ video analysis	10%
Final Exam	20%
Basic skills assessment and game play	<u>50%</u> (see pg 2)
	100%

*** **Attendance in courses:** Attendance at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved. Students who miss class due to medical reasons **MUST** present medical verification to their instructor. Last day to withdraw with permission is November 2nd, 2007.

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.

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.

Basic skills 50%:

If the weighting of 50 % for basic skills creates an unreasonable chance of success then the student, through consultation with the instructor, can decrease this component to as low as 40%. This could be done by adding elements like a second assignment such as a video analysis, a research paper, or a practical teaching session. The 10 % of marks reallocated from basic skills will hopefully realign the weighting to the student's benefit. Students seeking this kind of change in evaluation need the instructor's approval prior to November 3rd, 2007.. **Practice** outside of class time is **highly recommended**. The test items will not be allowed retakes, including the video analysis assignment(s). **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.