



DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND KINESIOLOGY

COURSE OUTLINE – WINTER 2011

PA1370 - VOLLEYBALL

INSTRUCTOR: Leigh Goldie **PHONE:** 780-539-2978
OFFICE: K 218 **E-MAIL:** lgoldie@gprc.ab.ca

OFFICE HOURS: Call or e-mail for appointments

PREREQUISITE(S)/COREQUISITE: none

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

CALENDAR DESCRIPTION: Acquisition of theoretical knowledge and personal skill in individual and team activities, basic strategies and officiating will be the goals of the course.

CREDIT/CONTACT HOURS: 1.5 (0-0-3)

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

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 formation, blocking, free ball and down ball transitions, serving strategies, defensive transitions and offensive coverage.
3. To develop progressions to teach the basic skills.
4. To develop the volleyball coaching skills necessary to run volleyball drills.
5. To understand the rules of the game.
6. To potentially achieve NCCP Level 1 Volleyball Technical training.

**** 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.**

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	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

TRANSFERABILITY: U of Alberta – PA 137 (1.5)
U of Calgary – PEAT 219/319 (1.5)
U of Lethbridge – PHAC 2545 (1.5)

COURSE EVALUATION:	Skill Evaluations	45%
	Coaching Assignment	30%
	Theory Exam	<u>25%</u>
		100%

STUDENT RESPONSIBILITIES: Students are expected to fully participate in all activities and are expected to complete all assignments and projects on time. Students with more than 3 unexcused absences will be prohibited from participating in the final skill evaluations and theory exam.

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.