



Grande Prairie Regional College

School of Health, Wellness and Career Studies

Department: Physical Education, Athletics and Kinesiology

COURSE OUTLINE – FALL 2009

PA 1370 (3-0-0) – Volleyball

Instructor Loren Jacula
Office C203
Office Hours T W Th 10:00 – 11:20

Phone 780.539.2205
E-mail LJACULA@GPRC.AB.CA
Class M W 4:00 – 5:20
GPRC Gymnasium

Transferability:

PA 137 (1.5) University of Alberta
PEAT 219/319 (1.5) University of Calgary
PHAC 2545 (1.5) University of Lethbridge

Required Text/Resource Materials:

Volleyball Canada - Coaches Manual – Level 1 – Fundamentals of Coaching Volleyball
Edited by J. Pierre Baudin
Published by Volleyball Canada

Description: Acquisition of theoretical knowledge and personal skill in individual and team activities, basic volleyball coaching strategies, basic game play strategies and officiating will be the goals of this course.

Credit/Contact Hours: This is a 3 credit course with 3 lecture hours per week.

Delivery Mode(s): For each topic there will be gym lectures and demonstrations. Students will be expected to read material before the class and participate in the demonstrations through discussion of the concepts. Students are also expected to

complete all assignments and projects on time. Please discuss any questions or concerns with the instructor in class, during the above office hours or by appointment.

Objectives:

1. To demonstrate the fundamental skills in volleyball (forearm passing, overhead passing, serving, attacking, blocking and backcourt defensive skills).
2. To understand the basic team strategies of volleyball including defensive formations, offensive formations, blocking, free ball and down ball transitions, serving strategy, defensive transitions and offensive coverage.
3. To develop progressions for the basic skills necessary to run volleyball drills.
4. To develop volleyball coaching skills necessary to run volleyball drills.
5. To understand the rules of the game.
6. To potentially achieve a NCCP Level 1 Volleyball certification.

Evaluation/Grading:

Skill Evaluations	30%
Coaching Assignment	25%
Team Play Evaluation	10%
Class Participation	10%
Final Exam	25%

Grades will be assigned on the Letter Grading System.

Grading Conversion Chart

Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4	90 – 100	EXCELLENT
A	4	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	76 – 79	
B	3	73 – 75	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2	64 – 66	
C⁻	1.7	60 – 63	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1	50 – 54	
F	0	0 – 49	FAIL