

**Grande Prairie Regional College**  
**Department of Physical Education, Athletics and Kinesiology**

**Course Outline – Winter 2007**  
**PA 1370 – A3**  
**Volleyball**

**Instructor:** Ron Thomson                      Office: K217                      Phone: 539-2901  
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**Class Times:** Monday & Wednesday 4:00pm – 5:20pm

**Location:** 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

**Course 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.

**Course 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 in volleyball.
4. To develop volleyball coaching skills necessary to run volleyball drills.
5. To understand the rules of the game.
6. To achieve a NCCP Level 1 Volleyball Status.

**Required Text:** Coaching Manual Level 1 Fundamentals of Coaching Volleyball  
Baudin, J.P. (Ed.), 3<sup>rd</sup> Edition, (1994)  
Publishers: Volleyball Canada

**Evaluation:**

- Skill Evaluations 40%

Students will be evaluated through both a subjective and objective process on the following skills: forearm pass, overhead pass, serving, and attacking.

- Team Play Assignment 10%

Team play evaluation will be the Instructors subjective view while observing team play during the last month and a written evaluation.

- Skill Evaluation Assignment 15%

- Class Participation 10%

- Based on the student's attendance and participation in class.

- Final Exam: 25%

The final written exam will cover all material presented throughout the course. Scheduled for the last class.

**Attendance/Missed Exam/Assignments:**

Students wanting to receive their Level I NCCP Certification may only miss three classes to remain eligible for the certification.

**Grading System:** The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<b><i>Excellent</i></b>
A	4.0	85 - 89	
A-	3.7	80 - 84	<b><i>First Class Standing</i></b>
B+	3.3	76 - 79	
B	3.0	73 - 75	<b><i>Good</i></b>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<b><i>Satisfactory</i></b>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<b><i>Minimal Pass</i></b>
D	1.0	50 - 54	
F	0.0	0 - 49	<b><i>Fail</i></b>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.