



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

**COURSE OUTLINE – Winter 2020**

**PA1370 (A3): Instruction of the Basics of Volleyball– 3 (0-0-3) 45 Hours**

**INSTRUCTOR:** Joel Thibault  
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**OFFICE HOURS:** By Appointment

**CALENDAR DESCRIPTION:** Acquisitions of theoretical knowledge and personal skills used in the instruction of the basics of volleyball.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:**

Baudin, J. Pierre (ed). *Fundamentals of Coaching Volleyball*, Edition 3.5 2011 Level 1 Coaches Manual  
Available at the GPRC Bookstore and Volleyball Alberta Association

**Websites:**

Online Rulebook ([http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame\\_VB.asp](http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame_VB.asp))

Volleyball Canada ([www.volleyball.ca](http://www.volleyball.ca))

Alberta Volleyball Association ( [www.volleyballalberta.ca](http://www.volleyballalberta.ca) )

FIVB (<http://www.fivb.org>)

**DELIVERY MODE(S):** Guided Activity, presentations, demonstrations, & gym/ classroom activities

**COURSE OBJECTIVES:**

1. Gain an understanding of the fundamental skills of volleyball including forearm passing, overhead passing, attacking, blocking, and backcourt defensive skills.
2. Explore the basic team strategies of volleyball including defensive formations, offensive formations, blocking, and free/down ball transitions, defensive and offensive coverages.
3. Discuss current theoretical and practical aspects of the instruction of volleyball.
4. Explore error detection and correction in volleyball at various age and skill levels.
5. Develop the volleyball coaching skills necessary to run volleyball drills.
6. Potentially achieve NCCP Level 1 Volleyball Technical training.

## LEARNING OUTCOMES:

After successful completion of this course, the student will be able to:

1. Explain the basic rules of volleyball
2. Discuss the important theories and concepts in the study of volleyball skill development.
3. Demonstrate and analyze sport specific motor skills.
4. Actively participate as a learner, coach, teacher and/or facilitator of volleyball.
5. Analyze volleyball skills to detect errors to provide feedback and/or correction.
6. Plan and lead portions of skill development.
7. Manage the learning environment in a manner that is non-threatening and safe to avoid injury.
8. Discuss volleyball within the context of sport for people with disabilities.

## TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* 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**

## EVALUATIONS:

Lab Engagement	10%
Skill Assessment	25%
Warm Up Drill Plan	5%
Warm Up Drill Presentation/Facilitation	5%
Score Sheet Assignment	5%
Match Observation Assignment	5%
Practice Plan Assignment	15%
Final Exam	30%

### Lab Engagement 10%

Since the lab sessions involve physical practice and practical application of the theory, engagement is crucial and attendance is imperative. Students are responsible for the material presented in all sessions. **Marks will be deducted for every unexcused absence.** The instructor will make the final decision about the absence.

**Skill Demonstration Assessment – 25 %**

The student's ability to demonstrate the basic skills of the activity in controlled situations.

Skills will be evaluated using a rubric based tool developed by activity experts and emphasizing proper biomechanics. The student's execution of the basic physical skills required to instruct the activity. These skills will be evaluated based on the level of performance demonstrated.

- **Forearm Pass**
- **Overhead Pass (Set)**
- **Block**
- **Attack**
- **Serve**

Assignments will be discussed in detail in class

**GRADING CRITERIA: (The following criteria may be changed to suit the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN "C-" IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>		<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

Course schedule posted on Moodle

DATE	TOPIC / ASSIGNMENT
Jan. 6 / 8	Course Outline / Introduction & Warm Up Drill Explanation Net Set up; Assignment Explanation; Basic Movement Skills;
Jan. 13 / 15	Forearm Passing Progressions; Overhead Passing Progressions
Jan. 20 / 22	Setter Progressions; Smashball
Jan. 27 / 29	<b>Jan 27 Skill testing: <u>Forearm Pass</u></b> <b>Jan 29 Skill testing: <u>Overhead Pass</u></b>
Feb. 3 / 5	Attacking Introduction; Attacking & Serving Progressions;
Feb. 10	Serving practice, Review and Mini Games
Feb. 12	<b>Practice Planning</b>
<b>Feb. 17 / 19</b>	<b>NO CLASSES – READING WEEK (Feb. 17 – 21)</b>
Feb. 24 / 26	<b>Skill testing: <u>Serving</u></b>
Mar. 2 / 4	Serve Receive Formations; Serving Tactics Match Observation Assignment Due March 4
Mar. 9 / 11	March 9 <sup>th</sup> : <u>Defensive Formations &amp; Blocking Intro</u> March 11 <sup>th</sup> : <u>Sitting Volleyball</u>
Mar. 16 / 18	<b>Skill testing: <u>Attacking</u></b>
Mar. 23 / 25	<b>Mar. 23:</b> Triple Ball/Atomic/Spike Ball <b>Mar. 25:</b> BEACH VOLLEYBALL / Start Blocking Intro & Coach Skills
March 30 / April 1	<b>Mar. 30: Block Intro &amp; Coaching Skills</b> <b>Apr. 1: Volleyball Scoresheet Assignment Due / Tournament Play</b>
April 6 / 8	Tournament Play (Coed 4's) & Final Exam Review
April 15 – 25	FINAL EXAMS

### STUDENT RESPONSIBILITIES:

- Students must come prepared in athletic gear every class (proper running shoes, clothes to move and sweat in)
- Regular attendance and engagement is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.

### STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

**\*\*Note:** all Academic and Administrative policies are available on the same page.