

DEPARTMENT of Kinesiology and Health Sciences

COURSE OUTLINE – Winter 2023

PA1370 (A3): Instruction of the Basics of Volleyball– 3 (0-0-3) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Ron Thomson **PHONE:** 780-512-6543 **OFFICE:**

E-MAIL: rthomson@nwpolytech.ca

OFFICE HOURS: Available upon email request.

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: None

Websites:

Online Rulebook (http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame_VB.asp)

Volleyball Canada (www.volleyball.ca)

Alberta Volleyball Association (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, serving, 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.

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:

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 (Based on class attendance and participation)	10%
Skill Assessment	25%
Rules Assessment Quiz	10%
Formations Assignment – Serve Receive/ Defensive	15%

Practice Plan Assignment –(drill planning progression)	15%
Final Exam	25%

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**
- **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-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
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:

January			
Mon	Wed	Monday & Wednesday 4:00 - 5:20 PM (Gym)	
	4		Course Outline / Introduction & Warm Up
9	11	Drill Explanation, Net Set up Basic Movement Skills Rules	Forearm Passing Progressions
16	18	Overhead Passing Progressions	Setter Progressions
23	25		
30			Serve and Pass Drills
February			
	1	Serving Progressions	Attacking Progressions
6	8	Attacking & Serving Progressions	Serve Receive Formations – 6-2, W formation
13	15	Serve Receive Formation 5-1/Specialization –	Basic Rules Discussion/Volleyball Cycle of Actions and Phases of the Game – Review 5-1
20	22	Winter Break	
27	March 1	Practice Planning/ Season Planning	Basic Rules Quiz / Review Team Play/ Serving Skill Work
March			
6	8	Skill testing: Serving/ Structure of Drills	Basic Defence Skills
13	15	Team Defence Systems	Defence and Block
20	22	Triple Ball Team Play	*Formations Assignment Due Review Basic Skills

27	29	Training The Setter	Drill Progression Assignment Due-Coaching Skills
April			
3	5	Skill testing: Attacking	Team Play Games
10	12	Skill testing: Forearm Pass/ Overhead Pass	In Class Final Exam

STUDENT RESPONSIBILITIES:

- All assignments must be submitted in typed format adhering to ALL APA format and referencing requirements.
- All assignments are expected to be submitted on time. Late assignments will be deducted 10% if handed in late on the due date and an additional 10% for each additional day late.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class, prior to the start of class. It is the student's responsibility to acquire any materials and content missed due to absence.
- Most classes will have required materials to review on myClass before class. It is expected that the student reviews materials in advance so they can fully participate in class activities and discussions. If students are not prepared for class, pop quizzes may be given to ensure adequate preparation. Many activities in class will require active participation so be prepared to get involved!
- Attendance in labs ARE mandatory. Only excused absences will be able to make up the lab. This needs to be discussed prior to the absence, if sick and unable to attend an email is required prior to the start of lab and a Doctor's note may be required before the lab can be completed.

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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

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