

School of Kinesiology  
Faculty of Health Science  
Western University

1988 Volleyball Fundamentals and Coaching

Instructor: Jim Sage  
Location: Thames Hall Gym  
Lectures:  
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Office Hours:  
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NOTE All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

Calendar Description:

The development of skilled performance and coaching skills in selected volleyball activities as well as a study of some of the key principles in teaching these activities. Application of biomechanics, motor learning, rules, teaching progressions, detection and correction of errors in teaching/coaching volleyball.

Course Description:

This course is intended to provide you with the basic understanding of skills, techniques, and coaching as it applies to the sport of volleyball. The focus will be on the basic learning dynamics for young athletes beginning to learn and appreciate the sport as well as how to apply and coach these principals. Throughout the course you are expected to actively participate and perform all required physical skills. The course will also examine some critical thinking of the sport and some philosophies of technique and coaching.

Course Objectives:

1. methods of developing skilled technique in movement patterns, the forearm pass, the overhead pass, the overhand serve, the attack, and blocking as related to the game of volleyball.
2. Through group work and cooperative learning, develop the competence in demonstrating all the skills covered in objective 1.
3. To examine some fundamental principles of coaching techniques and philosophies as they relate to the sport of volleyball.
4. To acquire the skills to develop volleyball drills to teach and coach various age groups.
- 5.

Antirequisite(s): Kin 2918Q/R/S/T, Kin 3918Q/R/S/T.

Prerequisite(s): Completion of first year of the Kinesiology program and registration in the School of Kinesiology.

Extra Information: 5 lecture/laboratory hours, 0.5 course

#### Learning Objective:

On completion of the course students will be able to perform the basic skills of volleyball at a satisfactory level. Students will be able to coach volleyball involving organization, communication, and the successful direction of skills and volleyball drills.

#### Course Text

Course Manual and handouts (provided)

#### Course Evaluation

- a) Students will be evaluated as to their ability to demonstrate the skills outlined in objective 1, with a certain degree of execution (10%)
- b) Students will be evaluated as to their ability in various components of team play as outlined in objective 5, with a certain degree of competence. (10%)
- c) Students will complete an assignment based on watching and evaluating a live game. (10%)
- d) Students will complete an assignment involving critical thinking in analyzing the sport of volleyball. (10%)
- e) Students will be evaluated upon presentation of a group coaching session (10%)
- f) Midterm Exam (20%)
- g) Final Exam (30%)