

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2988B Volleyball Fundamentals and Coaching
Fall 2018**

Instructor: Jim Sage

Office: Thames Hall 3149

Sec 001 Mo/We 8:30AM-10:30AM
Western Student Rec Ct
Green Gym

Phone: 519/661-2111 x 86791

Email: jsage3@uwo.ca

Fr 8:30AM-9:30AM
Western Student Rec Ct
Red Gym

Sec 007 Mo/We 2:30PM-4:30PM
Western Student Rec Ct
Green Gym

Fr 2:30PM-4:30PM
Western Student Rec
Red Gym

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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. Through group work and cooperative learning, develop competence in the detection and correction of skill performance errors.
6. To study and experience primarily through “learning by doing” the cycle of action in volleyball and the basic systems (offence, defense, etc.) that are required for team play.
7. To introduce students to the fundamental rules and terminology of the sport of volleyball.

Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Course Format:

Lectures: 5 lectures/laboratory hours – 0.5 course
Tuesday/Thursday/Friday – Thames Hall Gym

Course Text: Course Manual and handouts provided.

Learning Outcomes:

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

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%)

Course/University Policies

1. **Lateness/Absences:** **Assignments are due

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
15% of course grades will be posted by the last day to drop a course.

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| A+ | 90-100 | <i>One could scarcely expect better from a student at this</i> |
| A | 80-89 | <i>Superior work that is clearly above average</i> |
| B | 70-79 | <i>Good work, meeting all requirements and eminently</i> |
| C | 60-69 | <i>Competent work, meeting requirements</i> |
| D | 50-59 | |

8. Electronic Device Usage:

During Exams - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western U(i)5(114.98 355.25 128.2e)13(r)8c(l)5(ne)74.98 -3()6(l)-4(e)13(ctu

Course Content/Fundamentals

Week 1

Tuesday- Introductions, ready position, movement patterns, pass/volley
Thursday - forearm pass, overhand pass/serve receive
Friday-off-no class

Week 2

Tuesday- Overhand Serve, Attack/Spike
Thursday- Blocking and Set to Attack
Friday- Class Assignments-Western varsity scouting report/ Team Play

Week 3

Tuesday- Introduce offensive systems of play.
Thursday - Set selection/Attacking Zones.
Friday- Team Play

Week 4

Tuesday- Introduce defensive systems of play and terminology=6-back & 6 up
Thursday - Team Defence/ Skill linkage, offence and defence.
Friday- Team Play

Fall Reading Week

Week 5

Tuesday-Blocking Systems and Team Play
Thursday-Practical Testing/Exam review
Friday-Team Play

Week 6

Tuesday-Practical Testing and Team Play
Thursday –Exam Mid-term
Friday- offy

Week 4

Tuesday-Beach Volleyball, rules, strategies, tournament

Thursday-Practical Coaching/Skill Testing

Friday- Team Play

Week 5

Tuesday-Practical Coaching/Skill Testing

Thursday-Practical Coaching/Skill Testing

Friday- off

Week 6

Tuesday-Practical Coaching/Skill Testing

Thursday- Practical Coaching/Skill Testing

Friday- Final Exam **assignments due