

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2988 A/B – Volleyball Fundamentals and Coaching
Fall 2017/Winter 2018**

Instructor: Jim Sage

Office: Thames Hall 3149

Location: M/W or T/TH-Thames Hall Gym
F- Thames Hall Gym

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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course 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.

My 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. To study and experience primarily through “learning by doing” the fundamental methods of developing skilled technique in movement patterns, the forearm pass, t

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

Monday/Wednesday/Friday or 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%)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (as recommended by the course instructor): example- APA style is the