



**Douglas
College**

CURRICULUM GUIDELINES

A: Division: **Science & Technology**

Date:

November 24, 2000

B: Department/
Program Area: **Sport Science**

New Course

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Revision

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If Revision, Section(s) Revised: **C**

Date Last Revised:

November 12, 1996

C: **SPSC 325**

D: **Performance Analysis: Volleyball and Softball**

E: **3**

Subject & Course No.	Descriptive Title	Semester Credits
F: Calendar Description: In this course, the sports of volleyball and softball will be analyzed from a theoretical and practical point of view. Emphasis will be to demonstrate skills, strategies, pedagogy and analysis of the two sports. A knowledge of psychological, physiological and biomechanical applications will also be provided.		
G: Allocation of Contact Hours to Types of Instruction/Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings: Lecture/Practice Number of Contact Hours: (per week / semester for each descriptor) 4 Number of Weeks per Semester: 14	H: Course Prerequisites: SPSC 300	
	I: Course Corequisites: None	
	J: Course for which this Course is a Prerequisite: None	
	K: Maximum Class Size: 35	
L: PLEASE INDICATE: ☐ Non-Credit ☐ College Credit Non-Transfer ☒ College Credit Transfer: Requested ☒ Granted ☒ SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)		
Equivalent Courses: U.B.C. HKIN 220 S.F.U. ATHL 202 U.VIC. PE 122 & PE 125		

M: Course Objectives/Learning Outcomes

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

1. Demonstrate the conceptual nature of volleyball and softball
2. Demonstrate and describe the techniques involved in the performance of volleyball and softball.
3. Demonstrate and describe the tactics and strategies involved in the performance of volleyball and softball
4. Demonstrate the qualitative analysis of volleyball and softball
5. Demonstrate the quantitative analysis of volleyball and softball
6. Demonstrate a theoretical and practical knowledge of warm-up and conditioning programs for volleyball and softball
7. Demonstrate appropriate pedagogical principles for effective instruction

N: Course Content1. Concepts in Volleyball and Softball

The student will:

- 1.1 Describe the historical development of the sport
- 1.2 Describe positional concepts
- 1.3 Describe rule concepts
- 1.4 Describe terminology of the sports

2. Techniques in Volleyball and Softball

The student will:

- 2.1 Describe the purpose of individual and team skills
- 2.2 Describe the appropriate sequencing of skill acquisition
- 2.3 Demonstrate competent performance for individual performance
- 2.4 Describe and demonstrate individual skill learning progressions
- 2.5 Describe and demonstrate feedback techniques:
 - 2.5.1 positive specific feedback
 - 2.5.2 error detection and correction

3. Tactics and Strategies

The student will:

- 3.1 Describe and demonstrate the purpose of and formations of softball tactics and strategies
 - 3.1.1 throwing and receiving
 - 3.1.2 in field plays
 - 3.1.3 out field plays
 - 3.1.4 pitching
 - 3.1.5 cut offs
 - 3.1.6 hitting
 - 3.1.7 bunting
 - 3.1.8 base running
 - 3.1.9 offensive team play
 - 3.1.10 defensive team play

N: Course Content (continued)

- 3.2 Describe and demonstrate the purpose of and formations of volleyball tactics and strategies
 - 3.2.1 passing
 - 3.2.2 attacking
 - 3.2.3 blocking
 - 3.2.4 serving
 - 3.2.5 offensive team play
 - 3.2.6 defensive team play
 - 3.2.7 transition play

4. Qualitative Analysis

The student will:

- 4.1 Describe and demonstrate the analysis of each sport
 - 4.1.1 elements
 - 4.1.2 dimensions
 - 4.1.3 hierarchies
- 4.2 Describe and demonstrate the formative and summative qualitative analysis of each sport

5. Quantitative Analysis

The student will:

- 5.1 Describe and demonstrate the analysis of each sport
 - 5.1.1 statistical
 - 5.1.2 flow
 - 5.1.3 time/motion
- 5.2 Describe and demonstrate the formative and summative qualitative analysis of each sport

6. Warm-up and Conditioning

The student will:

- 6.1 Demonstrate a theoretical and practical knowledge of conditioning programs for volleyball and softball with particular emphasis on:
 - 6.1.1 warm-up techniques
 - 6.1.2 cardiovascular fitness
 - 6.1.3 endurance
 - 6.1.4 flexibility
 - 6.1.5 agility
 - 6.1.6 speed
 - 6.1.7 cool down techniques

7. Pedagogical Principles

The student will:

- 7.1 Demonstrate a knowledge of the conceptual approach to instruction
- 7.2 Demonstrate a knowledge of discovery/problem solving methodologies
- 7.3 Demonstrate a knowledge of appropriate skill progressions
- 7.4 Demonstrate a knowledge of tactical progressions
- 7.5 Demonstrate a knowledge of drill design
- 7.6 Demonstrate a knowledge of seasonal planning and training principles

O: Methods of Instruction

Lecture
 Discussion groups
 Practical applications and experiences
 Field observation
 Technology assisted learning

P: Textbooks and Materials to be Purchased by Students

Viera, B.L. and Ferguson, B.J., Volleyball: Steps & Success, 2nd Edition, Human Kinetics Publishers, 1996.

Potter, D.L. and Brockmeyer, G.A., Softball: Steps to Success, 1st Edition, Human Kinetics Publishers, 1989.

NCCP Level 1 Technical Manuals and Materials

Q: Means of Assessment

Mid-term Examination	20%
Final Examination	20%
Term Paper	20%
Labs	10%
Attendance/Participation	10%
Analysis Scouting Report	20%

TOTAL:	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

 Course Designer(s)

 Education Council/Curriculum Committee Representative

 Dean/Director

 Registrar