



**EFFECTIVE: SEPTEMBER 2004**  
**CURRICULUM GUIDELINES**

**A.** Division: **Science & Technology** Effective Date: September 2004

**B.** Department / Program Area: **Sport Science** New Course  Revision:  **X**

If Revision, Section(s) Revised: **C, H, L, O**

Date Last Revised: **November 24, 2000**

**C: SPSC 2325** **D: Performance Analysis: Volleyball and Softball** **E: 3**

Subject & Course No.	Descriptive Title	Semester Credits
<b>F:</b>	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 biochemical applications will also be provided.	
<b>G:</b>	Allocation of Contact Hours to Type of Instruction / Learning Settings	<b>H:</b> Course Prerequisites:  <b>None</b>
	Primary Methods of Instructional Delivery and/or Learning Settings:  <b>Lecture/Practice</b>	<b>I:</b> Course Corequisites:  <b>None</b>
	Number of Contact Hours: (per week / semester for each descriptor)  <b>4</b>	<b>J:</b> Course for which this Course is a Prerequisite  <b>None</b>
	Number of Weeks per Semester:  <b>15</b>	<b>K:</b> Maximum Class Size:  <b>35</b>
<b>L:</b>	PLEASE INDICATE:	
<input type="checkbox"/>	Non-Credit	
<input type="checkbox"/>	College Credit Non-Transfer	
<input checked="" type="checkbox"/>	College Credit Transfer:	Requested for UBC <input checked="" type="checkbox"/> Granted <input checked="" type="checkbox"/> HKIN 215
SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS ( <a href="http://www.bccat.bc.ca">www.bccat.bc.ca</a> )		
Equivalent Courses:  UBC HKIN 215 (3 credits) & HKIN 220 (3) SFU ATHL 202 (3 credits) UVIC PE 122, PE 125 (0.5 units each)		

**M:** Course Objectives / Learning Outcomes

Upon completion of the 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 a 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 Content:1. 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
- 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 analyses 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 analyses 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  
 Assigned readings and literature research

#### **P:** Textbooks and Materials to be Purchased by Students

Viera, B.L. and Ferguson, B.J., **Volleyball: Steps & Success**, 2<sup>nd</sup> Edition, Human Kinetics Publishers, 1996  
 Potter, D.L. and Brockmeyer, G.A., **Softball: Steps to Success**, 1<sup>st</sup> 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	<u>20%</u>
<b>TOTAL:</b>	<b>100%</b>

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

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 Course Designer(s)

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 Education Council / Curriculum Committee Representative

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 Dean / Director

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 Registrar