

Instructor:	Brad Kilb – Volleyball Dave Paskevich, PhD - Soccer	Room:	Gold Gym
Phone:	403 220-7350 403 220-3434	Days:	Monday, Tuesday Wednesday, Thursday
Email:	kilb@ucalgary.ca dpaskevi@ucalgary.ca	Time:	11:00 am – 1:15 pm
Office:	KNB 270 KNB 267	Course Website:	Blackboard
Office Hours:	Drop-in or by appointment	Dates:	May 14 – June 26

Course Description:	Experience in various activities and movement patterns and the study of the fundamental factors that influence the activities we choose and the way we move.
Required Reading Materials:	NCCP Fundamental Movement Skills: Improving children's lives thorough physical literacy. Community Leader Workshop: Coach Workbook. Version 2.0, 2011 (coaching Association of Canada) *Workbook available through Course Instructor
Contacting the Instructor:	Students requiring assistance are encouraged to speak with their instructor during class or by appointment. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his expectations about emails.
Additional Course Information:	The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) prior to participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

COURSE OBJECTIVES:

Students will:

1. Develop a general knowledge base and appreciation for the multi-disciplinary nature of human movement.
2. Be able to identify, analyze, and critique the underlying components or concepts of movements encompassed within selected physical activities.
3. Actively participate in various movement activities, drills and games in the selected physical activity labs.
4. Understand the importance of Fundamental Movement Skills in developing Physical Literacy
5. Model responsible behavior in an activity leadership role.
6. Create and facilitate safe games and activities that will promote the development of fundamental movement skills.
7. Build confidence in leading sport and recreation-based programs.

COURSE FORMAT

The course content will be primarily covered in the class lectures and activity sessions with additional information gained through guest presenters.

COURSE EVALUATION: (Requirements are discussed in each respective Lab section):

- **Volleyball Lab** (May 14 – June 5) **35%**
- **Soccer Lab** (June 6 -26) **35%**
- **Activity Warm-up Presentation** (May 14 – June 25) **10%**
- **Sport Activity Teaching/Coaching - Volleyball** (May 14 – June 25) **10%**
- **Sport Activity Teaching/Coaching - Soccer** (May 14 – June 25) **10%**

Students are responsible for lecture notes, videos/movies shown in class & assigned readings. Attendance at class is essential if students expect to pass the course. Due to the nature of this 200 level course (6 weeks in length), missing a class will put the student at a significant disadvantage. Strive for 100% attendance. If you must miss a class, notify the instructor prior to the class. Students are expected to spend time outside of class practicing and developing their own skills.

Grading Scale:

<i>Grade</i>	<i>Percent</i>	<i>Grade Point Value</i>	<i>Description</i>
<i>A+</i>	<i>96.0-100.0</i>	<i>4.00</i>	<i>Outstanding</i>
<i>A</i>	<i>92.0-95.9</i>	<i>4.00</i>	<i>Excellent - superior performance, showing comprehensive understanding of subject matter.</i>
<i>A-</i>	<i>88.0-91.9</i>	<i>3.70</i>	
<i>B+</i>	<i>84.0-87.9</i>	<i>3.30</i>	
<i>B</i>	<i>80.0-83.9</i>	<i>3.00</i>	<i>Good-clearly above average performance with knowledge of subject matter generally complete.</i>
<i>B-</i>	<i>76.0-79.9</i>	<i>2.70</i>	
<i>C+</i>	<i>72.0-75.9</i>	<i>2.30</i>	
<i>C</i>	<i>68.0-71.9</i>	<i>2.00</i>	<i>Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.</i>
<i>C-</i>	<i>64.0-67.9</i>	<i>1.70</i>	<i>Minimum grade required if needed as a prerequisite course.</i>
<i>D+</i>	<i>60.0-63.9</i>	<i>1.30</i>	
<i>D</i>	<i>56.0-59.9</i>	<i>1.00</i>	<i>Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.</i>
<i>F</i>	<i>Below 56.0</i>	<i>0</i>	<i>Fail – unsatisfactory performance or failure to meet course requirements.</i>

Late Policy:

Late Penalty: Any assignment, which fails to meet the respective due date during class time is penalized by 2% per day and not accepted after 2 days past the due date, unless there are extenuating circumstances. All assignments must be handed in during class, or into the instructor's office (**NOT** the drop box).

KNES 201: VOLLEYBALL (35%)

Objectives:

In the volleyball section, students will learn, demonstrate and understand:

1. Individual skill development
e.g. forearm pass, overhead, pass, attack, block, serve
2. Team systems of play
e.g. defense, offense, serve reception, transitions
3. Movement pattern awareness principles, space awareness principles, qualities of movement, and relationship of movement.

Volleyball Grading (35%):

- | | | |
|----|--------------------------------|-----|
| 1. | Skill testing (May 28-June 5): | 20% |
| 2. | Team play (May 22- June 4): | 10% |
| 3. | Written theory test (June 4): | 5% |

National Coaching Certification Program:

Successful students may become certified with the Coaching Association of Canada (Technical, Volleyball, Level 1). There will be an additional cost for becoming certified.

KNES 201: SOCCER (35%)

Objectives:

1. To have the students demonstrate the basic skills of the game with control and proper technique. Skills include passing, trapping, heading, dribbling, and shooting.
2. To have the students identify the key points to emphasize in the analysis of the above skills for the purposes of teaching or coaching.
3. To have students develop skills so as to be able to play the game effectively.
4. To have students know and understand the rules of the game.
5. To have students understand tactics of simple team play.

Soccer Grading (35%):

- | | | |
|----|---|-----|
| 1. | Technical Skills (June 6-26) | 15% |
| 2. | Team Play & Tactical Skills (June 6-26) | 15% |
| 3. | Written Test (June 26) | 5% |

- The instructor will reflect the efforts and performance of the student through structured skill and game situations. The assessment is based on how well the student demonstrates an understanding of the principles of the skills and game situations.
- The written test will require that the student show an understanding of the basic concepts and rules that pertain to the game of soccer. Team play and tactical skills will be evaluated throughout the course.

Rules:

Students are expected to study the rules and ask instructor for clarification. Little class time will be spent on the rules.

WARM-UP ASSIGNMENT (10%)

Students will work in pairs & lead the class through a 10-minute warm-up (no longer) that relates to the specific skills/activities for that day.

- The first lesson will commence immediately at 11:00. BE READY with your equipment.
- Students must hand in a 1-page written plan of the warm-up at the beginning of class.
- Students are responsible for ALL equipment required to teach the lesson.
- When selecting warm-up activities & drills, keep in mind the skill level of your classmates & the main activity/skills.
- Students teaching the next lesson need not participate. Scheduling will be precise!

SPORT ACTIVITY TEACHING/COACHING ASSIGNMENTS (2 @ 10%)

Each student will be placed into a 'coaching team' of 3 and will be responsible for leading the class through one 15-minute lesson (one for volleyball and one for soccer). The teaching/coaching session must include: a written lesson plan (handed into the instructor at the beginning of the session) including explanation, demonstration, and drills that relate to the specific assigned skill. Student dates/groups will be assigned in class.

- Each student will teach ONE volleyball skill & ONE soccer skill, in assigned pairs on the date assigned.
- Each lesson will be worth 10% (for a combined total of 20%).
- The first lesson will commence immediately following the warm-up. BE READY with your equipment.
- Each student pair will conduct a 15-minute lesson (no longer).
- As the 'teacher/coach', you will have approximately 26 'students' in your class.
- Students teaching the next lesson need not participate. Scheduling will be precise!
- Students are responsible for ALL equipment required to teach the lesson.
- A **written lesson plan** must be submitted at the beginning of your lesson.

SCHEDULE	CONTENT	PEER TEACHING
Tue. May 14	Course Intro: Model Teaching/Coaching	
Wed. May 15	VB: Forearm Pass*	A. Basic Forearm Pass B. Forearm Pass Outside Body C. J-Stroke
Thu. May 16	VB: Overhead Pass*	D. Basic Overhead Pass E. Setting
Mon. May 20	Victoria Day	
Tue. May 21	VB: Attack*	F. Approach & Take-Off G. Basic Attack H. Tip I. Roll Shot
Wed. May 22	VB: Systems	
Thu. May 23	LECTURE	
Mon. May 27	VB: Block*	J. Positioning/Timing K. Basic Block L. Soft/Wall/Stuff Block
Tue. May 28	VB: Skill Test: Passing	
Wed. May 29	VB: Serve & Team Play*	M. Underhand Serve N. Sidearm Serve O. Overhead Serve
Thu. May 30	LECTURE	
Mon. June 3	VB: Team Play	
Tue. June 4	VB: Skill Test: Net Play	
Wed. June 5	VB: Retest Day	
Thu. June 6	SOCCER BEGINS	
Mon. June 10	S: Dribbling & Shielding	A. Dribbling B. Shielding
Tue. June 11	LECTURE	
Wed. June 12	S: Pass/Receive/Trap	C. Passing/Receiving D. Trapping
Thu. June 13	S: Shooting/Heading	E. Shooting F. Heading/Agility
Mon. June 17	S: Goaltending	G. Ball Handling/ Shot Stopping H. Positioning
Tue. June 18	S: Free/corner/throw-in	I. Free Kicks J. Corner Kicks K. Throw-ins
Wed. June 19	S. Positions/Formations	L. Positions M. Formations
Thu. June 20	LECTURE	
Mon. June 24	S: Small group attack	N. 2-v-2, 3-v-2, 4-v-2
Tue. June 25	S: Small group defend	O. 2-v-2, 2-v-3, 2-v-4
Wed. June 26	S: Rule exam/Game Day	SOCCER RULES EXAM

Supplementary Course Information
In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/Other Academic
Misconduct:**
(see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby.

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Lauren Voss – kinesrep@su.ucalgary.ca.