

# UNIVERSITY COLLEGE OF THE FRASER VALLEY

## COURSE INFORMATION

DEPARTMENT: KINESIOLOGY & PHYSICAL EDUCATION

DATE: Fall 1993

KPE 220a  
NAME & NUMBER OF COURSE

Analysis and Mechanics of  
Basketball and Volleyball  
DESCRIPTIVE TITLE

3  
UCFV CREDIT

### CATALOGUE DESCRIPTION:

An in-depth study of the application of analytical and biomechanical techniques in basketball and volleyball. The intent is to develop knowledge, performance skills, and analytical techniques for basketball and volleyball.

COURSE PREREQUISITES: KPE 120

COURSE COREQUISITES: None.

HOURS PER TERM FOR EACH STUDENT	Lecture	15 hrs	Student Directed	
	Laboratory	45 hrs	Learning	hrs
	Seminar	hrs	Other - specify:	
	Field Experience	hrs	_____	hrs
			TOTAL	60 HRS

UCFV CREDIT <sub>1</sub>  
TRANSFER

UCFV CREDIT <sub>2</sub>  
NON-TRANSFER

NON-CREDIT <sub>3</sub>

### TRANSFER STATUS (Equivalent, Unassigned, Other Details)

UBC PE 320 (3.0 credits)

SFU

UVIC PE 120 & 122 (.5 units each)

Other

Craig J. Chamberlin, Ph.D.  
COURSE DESIGNER

J.D. TUNSTALL Ph.D.  
DEAN OF ACADEMIC STUDIES

KPE 220aNAME & NUMBER OF COURSE

COURSES FOR WHICH THIS IS A PREREQUISITE:	RELATED COURSES
None.	None.

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)**TEXTS:**

Krause, J. (1991). Basketball Skills and Drills. Champaign, IL: Human Kinetics.

Viera, B.L., & Ferguson, B.J. (1989). Volleyball: Steps to Success. Champaign, IL: Human Kinetics.

**OBJECTIVES:**

At the conclusion of the course, the student will be able to:

1. describe the conceptual nature of basketball and volleyball;
2. describe and demonstrate the techniques involved in the performance of basketball and volleyball;
3. demonstrate an understanding of the tactics and strategies involved in the performance of basketball and volleyball;
4. develop an effective skill progression for the teaching of individual skills;
5. exhibit a knowledge of both quantitative and qualitative analyses of the games of basketball and volleyball.

**METHODS:**

Lectures, Discussion, Demonstrations, Practical Applications and Experiences, Group Projects, Field Observations.

**STUDENT EVALUATION PROCEDURE:**

Exam #1 (Basketball)	25%
Exam #2	25%
Term Projects (2@10%)	20%
In-Class Presentation (2@10%)	20%
Class Participation/Performance	10%

COURSE CONTENT

The course will be divided into two, 6-week sessions, with the first 6 weeks devoted to basketball and the second 6 weeks devoted to volleyball. The course outline for each session will be the same, as follows:

## I. Introduction to the Sport

- A. Historical Development of the Sport
- B. Terminology of the Sport
- C. Rule and Positional Concepts

## II. Individual Skill Techniques

- A. Individual Offensive Skills
- B. Individual Defensive Skills

## III. Team Tactics and Strategies

- A. Offense
- B. Defense
- C. Transitional Play

## IV. Analysis of Play

- A. Qualitative Analysis
  - 1. Elements
  - 2. Dimensions
  - 3. Hierarchies
    - a. Step
    - b. Task
- B. Quantitative Analysis
  - 1. Statistics
  - 2. Flow
  - 3. Time/Motion
  - 4. Performance/Outcome Analysis