UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DEPARTMENT: KINESIOLOGY & PHYSICAL EDUCATION **DATE:** Fall 1993

NAME & NUMBER OF COURSE	DESCRIPTIVE TITLE	UCFV CREDIT
KPE 220a	Analysis and Mechanics of Basketball and Volleyball	3

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 Learning	hrs
	Laboratory	45	hrs	Other - specify:	
	Seminar		hrs		hrs
	Field Experience		hrs	TOTAL	60 HRS

UCFV CREDIT TRANSFER ☐ 1 **UCFV CREDIT NON-TRANSFER** ☐ 2 **NON-CREDIT** ☐ 3

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

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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%

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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