

COURSE: Volleyball Academy – Sport Development 11 (HRA-1A)

INSTRUCTOR

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RECOMMENDED PRE-REQUISITES

Students interested in SD22 academies must meet the requirements for acceptance determined by the Academy Director.

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Sport Development Curriculum](#)

BIG IDEAS

Movement awareness and skill development enhance sport specific physical literacy.	Technical and tactical development are an essential part of sport specific training.	Understanding how to develop Sport Specific strength and conditioning training.	Sport Training enhances the understanding and appreciation of the health benefits of physical activity.	Sport cultures value and encourage positive communication, fair play, leadership and teamwork in athletes
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The objective of the Volleyball academy is to provide a structured and formal training program within the school timetable, committed to advancing both academic and athletic excellence. It aims to provide extensive Volleyball skill instruction alongside an SD22 academic education program.

This is a Board/Authority Approved Course - specific to the Sport Academies offered in SD22.

Students/Athletes receive an Active Living 11 course along with this alpine ski specific course taking the academy. Both courses are supported by vLearn.

The Academy operates in partnership with School District No.22 (vLearn) and Beyond Sport (<https://beyondsport.com/programs>).

ASSESSMENT

In the Volleyball Academy students will be expected to participate in weekly training as well as complete the online content for this course which includes:

- Assignments/Quizzes
- Leadership/participation
- Reflection and Planning
- Self-Assessments

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- On Court Evaluations

Your course grade will be weighted as follows.

Activity	Percentage of final Grade
Assignments/Quizzes	50%
Peer teaching	25%
Goal Setting and Reflection	25%

REGISTRATION

Please see the SD22 Academies [website](#) for further information. Potential academy students must submit an Expression of Interest to be considered for academy courses.



Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



[Click HERE
to register](#)