

CLASS CARD**VOLLEYBALL**

Basic classes	Code in the study plan	ECTS
VOLLEYBALL	WFI-21	3

Education profile	
Faculty and field of study	Department of Sport Games
Studies program in which the subject is realized	Physical Education / PE
Professor's name	Jakub Skwarek
Level of studies (eg. bachelor, master)	master
Study year and semester	I, sem 2
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	Practical
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	

DETAILED INFORMATION**Course aims and objectives**

C1	Preparation of the student for independently conducting Physical Education lessons in volleyball.
C2	Familiarizing and equipping students with knowledge in the methodological teaching of technical and tactical skills in volleyball.
C3	The student is able to perform technical skills used in physical education classes in the field of volleyball.
C4	Mastery by students of the skills required to officiate volleyball matches.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
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KNOWLEDGE	
P_K01	The student has in-depth knowledge of the concepts, theories, and methods used in the field of physical education and sport, specifically in the area of volleyball.
P_K02	<p>The student knows the technique of execution, support (safety/spotting), and methodology of teaching in volleyball, as well as the principles of safely performing technical and tactical skills in volleyball.</p> <p>The student knows the principles, forms, means, and methods of training used in volleyball at various stages of sports training.</p>
SKILLS	
P_S01	The student is able to safely organize and conduct a volleyball match.
P_S02	The student demonstrates proper execution technique and correctly applies the methodology of teaching in volleyball.
SOCIAL COMPETENCES	
P_SC01	The student promotes physical activity and pro-health behaviors, taking care of their own physical fitness and health to support health promotion and apply it in their future professional work.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
	<ul style="list-style-type: none"> - Rules for organizing matches, refereeing, and signaling during the game - Methods and forms of teaching and improving the technique and tactics of the game - Technique of receptions, passes, and ball hits with both hands, upper and lower, errors in execution - Methodology of teaching and improving attack and defense of the attack 	P_K01 P_K02 P_S01 P_S02 P_SC01

	<ul style="list-style-type: none"> - Methodology of teaching and improving the lower serve, floating serve, rotational serve, floating serve in jump, rotational serve in jump - Methodology of teaching and improving reception of various forms of serves - Methodology of teaching and improving ball distribution forward and backward - Teaching the organization of the game in systems with one or two setters - Court and positions on the court, positioning errors - Methodology and improvement of volleyball throws and falls 	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
	Practical classes, demonstration, description, explanation, conducting parts of the lesson.
Teaching resources: Volleyballs, net, posts	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_K01 P_K02 P_SC01	Student activity, assessment of motor and technical skills, observation and verification of errors.
P_S01 P_S02	Practical test

CONDITIONS FOR PASSING CLASSES:

Obligation to make up for all absences from classes. The final assessment includes a practical test. The practical test verifies technical skills in volleyball, as well as the ability to identify technical errors. The condition for obtaining a positive final grade is achieving at least a passing grade in the practical test. In case of an excused absence, there is the possibility to take the practical test at a later date.

Grading Criteria:

- Failing grade: The student has not made up for the absences from classes and has minimal technical skills in observing and verifying technical errors.
- Passing grade: The student can perform practical tasks at a basic level, has made up for all absences, and can verify technical errors in volleyball at a basic level.
- Good grade: The student can smoothly perform the practical task, is active during classes, and can effectively observe and verify technical errors.
- Very good grade: The student can perform the technical task very smoothly and accurately, is active in class, demonstrates exercises, and can precisely identify technical errors and explain their nature.

EXAMPLE TOPICS FOR THE FINAL/EXAMINATION:

- The student performs 10/15/20 ball hits with the upper and lower technique to a partner over the net.
- Evaluation of technical skills and error verification by the instructor.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

Basic	<p>O.S., Jumanov. "Tasks Of The Educational Process In Volleyball Sports." <i>American Journal of Social Science and Education Innovations</i> 03, no. 04 (April 17, 2021)</p> <p>The Volleyball Drill Book Paperback – June 15, 2012 by American Volleyball Coaches Association</p>
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	<p>How to Play Volleyball for Beginners: The A-Z Guide to Mastering Everything from Rules, Formations, Court Etiquette, Scoring Strategies, and Teamwork (Learning Sports) Paperback – November 7, 2023 by Cade Hill</p> <p>Volleyball Fundamentals (Sports Fundamentals) Paperback – Illustrated, August 24, 2018 by Joel Dearing</p> <p>OFFICIAL VOLLEYBALL RULES 2021-2024 Approved by the 37th FIVB World Congress 2021</p>
Additional	<p>THE VOLLEYBALL COACH'S BOOK OF LISTS: Inspiration and Instruction from Top Coaches Paperback – November 25, 2024 by Tod Mattox</p>

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
18	2.28	Contact classes
12	0,72	Students' preparations of the presentations, Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 3

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