

Subject: METHODOLOGY OF VOLLEYBALL

GENERAL INFORMATION

Organization unit	Faculty of: Department of Sport Games Chairman: PhD Karol Gryko prof. AWF
Course name	VOLLEYBALL
Subject code	WFI-21
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	MASTER
Study year	I
Semester	2
ECTS points	3
Professor	Jakub Skwarek
Studies program in which the subject is realized	Physical Education / PE
Method of realization (stationary/ distance learning)	STATIONARY
Prerequisites	

DETAILED INFORMATION

Course aims and objectives

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

Main topics

No	Topic
	Lectures/classes

1.	Rules for organizing matches, refereeing, and signaling during the game
2.	Methods and forms of teaching and improving the technique and tactics of the game
3.	Technique of passes
4.	Technique of both hands passing, upper and lower
5.	Technique of receptions
6.	Methodology of teaching and improving attack and defense of the attack
7.	Methodology of teaching and improving the lower serve, floating serve, rotational serve, floating serve in jump, rotational serve in jump
8.	Methodology of teaching and improving ball distribution forward and backward
9.	Teaching the organization of the game in systems with one or two setters
10.	Methodology and improvement of volleyball throws and falls

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.



1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	18
2. Students' preparations of the presentations	5
3. Self study as preparation to the written exam	0
4. Self study as reading text prepared by the teacher	7
Total = 30 hours- ECTS points 3	

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