**SYLABUS**

**applies to the** 2024-2027 **education cycle**

(extreme dates)

2024/2025 academic year

**1. INFORMATION ABOUT THE SUBJECT**

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| --- | --- |
| Name of the subject | Volleyball with methodology |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Study degree | first-cycle studies |
| Profile | general academic |
| Form of studies | daytime |
| Year and semester(s) of study | 2 year– III semester, 3 year – VI semester |
| Type of subject | Team sports |
| Language of lecture | Polish |
| Coordinator | Dr Joanna Piech |
| Name and surname of the instructor(s) | dr Joanna Piech, dr Gabriel Bobula |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| Summer |  | 20 |  |  |  |  |  |  | 2 |
| **Total** |  | **20** |  |  |  |  |  |  | **2** |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

classes - marked credit

2.PREREQUISITES

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| - skills and knowledge gained during physical education classes in primary and secondary school  - Methodology of Physical Education |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

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| --- | --- |
| C1 | preparing the student as a future teacher to independently conduct volleyball classes in primary schools, sports clubs or other institutions related to physical education |
| C2 | familiarizing the student with the systematics of exercises as well as the methods, forms, rules and means used in teaching special skills in volleyball |
| C3 | mastering the substantive knowledge of volleyball in school physical education |
| C4 | mastering methodological skills related to teaching the game of volleyball |
| C5 | getting acquainted with basic technical skills to a degree that allows to correctly demonstrate elements of volleyball technique |
| C6 | getting to know the basic elements of individual tactics in volleyball |
| C7 | mastering the skills of organizing school volleyball competitions |
| C8 | getting acquainted with the rules of volleyball, which will enable basic refereeing |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
| EK\_01 | knows the recruitment and selection criteria and the structure of sports training for children and adolescents | K\_W10 |
| EK­ \_02 | knows what health and safety rules should be applied during physical education lessons and extracurricular volleyball activities | K\_W14 |
| EK\_03 | describes the rules and regulations of volleyball and mini-volleyball | K\_W17  SKN/WFI/W6 |
| EK\_04 | knows and understands methods of performing motor tasks and teaching movement | K\_W18 |
| EK\_05 | will give you the correct structure of a volleyball lesson | SKN/WFI/W8 |
| EK\_06 | knows and understands the use of teaching aids in the process of physical education, including sports utensils, equipment and devices, the use of modern information and computer technologies and internet applications to measure individual physical activity; | K\_U04  SKN/WFI/U1 |
| EK\_07 | demonstrates the elements of individual technique in volleyball | K\_U07 |
| EK\_08 | is able to apply selected tactical settings in a volleyball game | K\_U08 |
| EK\_09 | is able to organize school sports competitions in volleyball | K\_U21 |
| EK\_10 | can properly communicate with the class, group during PE lessons; | K\_U25 |
| EK\_11 | can construct tools (tests and tests) to control and evaluate the motor skills taught; | SKN/WFI/U9 |
| EK\_12 | knows how to use control, corrective and guiding activities in order to remove errors while teaching or improving specific motor skills; | SKN/WFI/U10 |
| EK\_13 | updates their theoretical knowledge and improves their own volleyball skills | K\_K02 |
| EK\_14 | is ready to shape the cooperation skills of students in groups, teams and exercise units; | SKN/WFI/K5 |
| EK\_15 | is ready to develop students' curiosity, activity and independence as well as logical and critical thinking in relation to a variety of individual and team forms of physical activity; | SKN/WFI/K7 |

**3.3 Program content**

A. Lectures

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| Content N/A |

B. Content of auditorium, seminar, laboratory exercises, practical classes

|  |
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| Content |
| II Year III semester |
| 1. Volleyball characteristics - division of techniques and tactics, rules of the game (mini volleyball and indoor volleyball), history of the discipline |
| 2. Aims of education and teaching content of volleyball at individual educational stages. Methods, forms and didactic principles used in teaching volleyball, principles of safe organization of volleyball PE classes during PE lessons and extracurricular activities, preparation of the place for exercises |
| 3. Designing physical education lessons of volleyball |
| 4. Games and activities in teaching and improving elements of volleyball |
| 5. Learning the basic elements of the volleyball technique |
| 6. Exercises improving the technique in volleyball |
| 7. Basics of individual and team tactics in volleyball |
| 8. Organization of a sports event and refereeing |
| 9. Practical test - individual bouncing of the ball in the upper and lower level, the lower service |
| 10. Theoretical test covering the thematic issues of the third semester |
| III Year VI semester |
| 1. Methodology and systematics of teaching the basics of technique and individual tactics in volleyball |
| 2. Ways of diagnosing, controlling and assessing a student in the field of volleyball |
| 3. Constructing tests and other tools useful in assessing knowledge and students' skills. Examples of tests to assess the level of mastery of the basic elements of the volleyball technique. |
| 4. Organization of competitions, indoor volleyball tournaments and refereeing |
| 5. Pedagogization - independent conducting of parts of classes by students |
| 6. Theoretical test covering the thematic issues of the 6th semester |

3.4 Didactic methods

**Classes**

practical methods: practical exercises, physical education lesson

delivery methods: description and explanation with emphasis on the most common mistakes, movement exercises, conversation with a physical education teacher

exposing methods: demonstration, visitation of a part of the lesson

E.g.:

Lecture: problem lecture, lecture with multimedia presentation, distance learning methods

Classes: text analysis with discussion, project method (research, implementation, practical), group work (problem solving, discussion), didactic games, distance learning methods

Laboratory: carrying out experiments, designing experiments

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

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| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| EK\_01 | colloquium (semester VI) | classes |
| EK\_02 | assessment of independent conduct of a part of volleyball classes on the basis of an outline - semester VI | classes |
| EK\_03 | colloquium (semester III), assessment of independent conduct of a part of volleyball classes (semester VI) | classes |
| EK\_04 | assessment of independent conduct of a fragment of volleyball classes on the basis of a lesson plan (semester VI) | classes |
| EK\_05 | assessment of independent conduct of a fragment of classes in volleyball, lesson plan(semester VI) | classes |
| EK\_06 | assessment of independent conduct of a fragment of classes in volleyball, lesson plan (semester VI), project | classes |
| EK\_07 | assessment of independent conduct of a part of classes (semester VI), practical test (semester III) | classes |
| EK\_08 | observation during classes (semester III, VI) | classes |
| EK\_09 | observation during classes (semester VI), lesson plan | classes |
| EK\_10 | assessment of independent conduct of a fragment of classes in volleyball (semester VI) | classes |
| EK\_11 | assessment of independent conduct of a fragment of classes in volleyball, observation during classes (semester VI), project sem. VI | classes |
| EK\_12 | assessment of independent conduct of a fragment of classes in volleyball, observation during classes (semester VI) | classes |
| EK\_13 | assessment of independent conduct of a fragment of classes in volleyball (semester VI), observation during classes (semester III, VI), test (semester III, VI), practical test (semester III) | classes |
| EK\_14 | assessment of independent conduct of a fragment of classes in volleyball, observation during classes (semester VI) | classes |
| EK\_15 | assessment of independent conduct of a fragment of classes in volleyball, observation during classes (semester VI) | classes |

4.2 Conditions of passing the subject (assessment criteria)

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| The condition for completing the course is meeting all the designated criteria. The following will be assessed:  Year 2, Semester III  • obligatory, active participation in classes in accordance with the schedule.  • passing the test  Points obtained for the test are converted into percentages corresponding to the grades:  - up to 50% - unsatisfactory,  - 51% - 60% - satisfactory,  - 61% - 70% - satisfactory plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good  • positive result of practical tests to check the mastery of the elements of the volleyball technique  Top and bottom bounces of the ball (individually above each other):  30-39 - satisfacory  40-49- good  50 < very good  Top and bottom service:  6- satisfactory  7- satisfactory plus  8 – good  9- good plus  10- very good  • positive evaluation of judging  The final grade is the average of the grades obtained in the test, classes and judging.  Year 3, Semester VI  • obligatory, active participation in classes in accordance with the schedule.  • passing the test  Points obtained for the test are converted into percentages corresponding to the grades:  - up to 50% - unsatisfactory,  - 51% - 60% - satisfactory,  - 61% - 70% - satisfactory plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

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| --- | --- |
| Form of activity | Average number of hours to complete the activity |
| Contact hours resulting from the study schedule | 40 |
| Others with the participation of an academic teacher | 20 |
| Non-contact hours - student's own work  (preparation for classes, examinations, writing a paper, etc.)  Preparation for classes  Preparation for the test  Preparation of a lesson plan | 10  20  10 |
| HOURS TOTAL | 100 |
| TOTAL NUMBER OF ECTS CREDITS | 4 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. PROFESSIONAL TRAINING WITHIN THE COURSE

|  |  |
| --- | --- |
| hours |  |
| rules and forms of internship |  |

7. LITERATURE

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| Basic   1. Grządziel G., Szade D, Nowak B. Piłka siatkowa, 2012. 2. Klocek T. ,Szczepanik M. Siatkówka na lekcji wychowania fizycznego. Biblioteka trenera, 2003. 3. Superlak E. Piłka siatkowa :techniczno-taktyczne przygotowanie do gry, 2006. 4. Piech J.,Kunysz-Rozborska M.: Gry i zabawy w kształtowaniu wybranych elementów technicznych w piłce siatkowej, 2020. 5. [www.mlodziezowasiatkowka.pl](http://www.mlodziezowasiatkowka.pl) 6. www.pzps.pl |
| Supplementary   1. Grządziel G: Przewodnik do nauczania techniki gry w piłkę siatkową, 1985. 2. Uzarowicz J. Piłka siatkowa: technika, 1994. |

Acceptance by the Head of the Unit or an authorized person