

1. **Subject:** Theory and Teaching Methodology of Volleyball
2. **Type of course:** classes (practical training)
3. **Form of assessment:** class attendance and class participation (no examination)
4. **First Semester:** summer
5. **Suggested number of hours:** 15
6. **Syllabus** – studies of 1st degrees, physical education, semester 4th (summer)

Purpose of teaching: knowledge and abilities essential for instructing for on different levels of education and in sports clubs. Instructing and perfecting of technique of volleyball, interpretation of regulation of game (judging), the basics of game tactic.

Matters required before proceeding to the course: acquaintance of character of game and basic regulations, methods and principles of instructing of techniques of movements.

Skills required before proceeding to the course: ability of execution of basic-special motor action (ball handling, relocation).

Compulsory reading:

 - FIVB. 2002. Top Volley. Technical Booklet, 2002 Men's Game, Technique and Tactics. URL: www.fivb.org
 - FIVB. 2011. Coaches Manual. URL: www.fivb.org
 - FIVB. 2017. Official Volleyball Rules 2017-2020. URL: www.fivb.org
 - Klocek T., Szczepanik M. 2003. Siatkówka na lekcji wychowania fizycznego. Biblioteka Trenera, Centralny Ośrodek Sportu, Warszawa. (URL: www.awf.krakow.pl)
 - Uzarowicz J. 2001. Piłka siatkowa – co jest grane? Alma-Sport, Kraków.
 - Uzarowicz J., Zdebska H. 1998. Piłka siatkowa. Program szkolenia dzieci i młodzieży. Centralny Ośrodek Sportu, Warszawa.
7. **The aimed effects of the courses:**

Knowledge: the students will know the terminology and will be familiar with the techniques, basic tactics and methodology of teaching volleyball.

Skills: the student will be able to perform and demonstrate the basic elements of volleyball, teach basic volleyball skills, adjust the task to the individuals and to the requirements and abilities of the students, organize, lead and act as a referee volleyball games.

Social skills: the student obeys the safety regulations, makes sure that everybody is safe when performing the tasks.
8. **Qualifications:** After the end of the course the student is qualified to give handball classes at school.
9. **Organisation responsible for the subject:**
Section Sports and Recreational Games in Institute Sciences of Sport
10. **Tutor:** dr Maciej Szczepanik, dr Tomasz Klocek
11. **Realisation of classes:** with a group in HGS (team games sports hall)
12. **Suggested number of ECTS points:** 4
13. **Number hours of on-line learning (max):** 5