

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name in Polish** : PIŁKA SIATKOWA  
**Name in English** : VOLLEYBALL  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW035032  
**Group of courses** : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contradictions to take active part in physical education activities.
2. Individual player's technique – basics. Two-handed receptions and passes: low and lobbed; service and smash.
3. General knowledge of volleyball rules.

**SUBJECT OBJECTIVES**

- C1: Improving player's individual technique.  
 C2: Getting acquainted with basic tactical skills in volleyball.  
 C3: Practicing motor skills through volleyball.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: Student knows the basics of offensive and defensive tactics.

PEK\_W02: Student has basic knowledge of volleyball rules and refereeing practices.

**Relating to skills:**

PEK\_U01: Student can properly perform basic individual techniques:  
 reception and two handed (low and lob) passes, float  
 and jump service, spike attack.

PEK\_U02 : Student can referee a volleyball match.

**Relating to social competences:**

PEK\_K01: Student is aware of the necessity of life-long physical activity for  
 physical and mental health.

PEK\_K02: Student observes fair-play rules in everyday life.

PEK\_K03: Students promote social and cultural importance of sport and physical activity  
 and care about their own preferences in the field of physical culture.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Organization of classes. Presenting the requirements for passing a course, ways to excuse and make up for missed classes, the syllabus, volleyball classes safety rules and duties of the locker room monitoring person.	1
Cl. 2 - 6	Player's individual technique. Ways of movement around the court: proper position, start and stop, side-step, cross-step, jumping for spike attack and block, landing, turning, running and stopping. Practicing two handed (low and lob) receptions and passes. reception and passes when off-balance – dive reception and rolling reception. Setting a high ball, to the back row and quick ball. Back row attack with high set-up. Single, double and triple block. Float and jump service.	11
Cl. 7 - 9	Basic elements of offensive and defensive volleyball tactics. Players' positions during own and opponent's service. Moving in attack and defense, safeguarded attacks and blocks (frontal, wing and shuffle).	6
Cl. 10-14	School games for practicing all elements of individual technique and volleyball tactics. Proper game, rules and refereeing.	10
Cl. 15	End-of-semester test of technical elements, such as reception and two handed (low and lob) passes. Course completion.	2
<b>Total hours</b>		<b>30</b>

#### **TEACHING TOOLS USED**

- N1. Practical exercises.  
 N2. The trainer's demonstration  
 N3. Student's demonstration.  
 N4. Lecture.

#### **EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT**

<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Demonstration, test.
<b>C:</b> Attendance, participation and attitude in class including average of marks F1, F2.		

#### **PRIMARY AND SECONDARY LITERATURE**

##### **PRIMARY LITERATURE:**

- [1] Superlak E.: *Pilka siatkowa. Techniczno-taktyczne przygotowanie do gry*. Wrocław: Wydawnictwo Infovolley, 1999. ISBN 83-904101-0-9.  
 [2] Grządziel G, Ljach W.: *Pilka siatkowa. Podstawy treningu, zasób ćwiczeń*, Warszawa: Biblioteka Trenera, COS, 2000.

##### **SECONDARY LITERATURE:**

- [1] Dziąsko J., Naglak Z.: *Teoria sportowych gier zespołowych*. Warszawa: PWN, 1983.  
 [2] Selinger A., Ackermann-Blount J.: *Arie Selinger's Power Volleyball*. New York: St. Martin's Press, 1986.

#### **SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)**

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