

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

Name in Polish	: PIŁKA SIATKOWA DLA ZAAWANSOWANYCH
Name in English	: VOLLEYBALL FOR ADVANCED PRACTITIONERS
Level and form of studies	: 1st level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW035033
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 classes.
2. Mastering on a high level such technical elements as two-handed over-head and underhand passes, first tempo attack, tennis serve.

SUBJECT OBJECTIVES

- C1: Perfecting technical and tactical elements.
C2: Establishing volleyball-specific motor skills (jumping ability, short-distance speed, strength of leg, arm and pectoral girdle's muscles).

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows advanced player positions on the court when playing with one setter.

PEK_W02: Student knows frontal, wing and shuffling defence techniques.

Relating to skills:

PEK_U01: Student can perform tasks characteristic for each position on the court when playing with one setter.

PEK_U02 : Student can perform and practically use basic forms of block covers and adjusts them to the situation on the court and his/her skills, according to the rules of the game.

Relating to social competences:

PEK_K01: Student cooperates with the team.

PEK_K02: Student observes fair-play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization classes, safety rules, assessing proficiency levels.	2
Cl. 2-14	Enhancing technique and motor skills with small games method. Perfecting first tempo attack. Practicing left wing attack. Practicing backward set-up to right wing and center. Learning and practicing left and right wing cover. Learning to play with one setter. Adaptation and perfecting of defense actions against one setter attack. Perfecting reception and service. Perfecting defense actions. Perfecting counterattack techniques from service line and right wing.	26
Cl. 15	Course completion.	2
Total hours		30

TEACHING TOOLS USED
<p>N1. Training methods: accurate, specific tasks, small games, school games, individual and group exercises.</p> <p>N2. The trainer's demonstration</p> <p>N3. Recording and video-analysis of the players' performance.</p> <p>N4. Lecture.</p>

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer, student's demonstration, student's behavior and attitude during classes.
F2	PEK_U01, U02	General and special fitness tests.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u> [1] Superlak E.: <i>Pilka siatkowa. Techniczno-taktyczne przygotowanie do gry</i>. Wrocław: Wydawnictwo Infovolley, 1995. ISBN 83-904101-0-9.</p> <p><u>SECONDARY LITERATURE:</u> [1] Selinger A., Ackermann-Blount J.: <i>Arie Selinger's Power Volleyball</i>. New York: St. Martin's Press, 1986.</p>

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