

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

Name in Polish	: PIŁKA SIATKOWA (SEKCJA)
Name in English	: VOLLEYBALL (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW035034
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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. The absence of medical contradictions to take part in volleyball trainings.
2. Very good technical preparation, tournament experience (at least starting line-up in secondary or high school team).
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Preparation of the varsity (Wroclaw University of Technology Team) to take part in Lower Silesia University League (DLM) and Polish University Championships (AMP).
C2: Enabling former players to continue their careers.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows the team's tactics and strategies, the rules of varsity membership and up-to-date volleyball rules.

PEK_W02: He/She knows the basics of sport training methodology.

Relating to skills:

PEK_U01: Student perfected a set of technical and tactical skills (combinations, schemes, variants) and knows how to deliberately use them during volleyball match, according to the rules of the game.

PEK_U02 : He/She is able to self-prepare physically and technically during summer break.

relating to social competences:

PEK_K01: Student knows the importance of physical activity for both mental and physical health.

PEK_K02: Student promotes social and cultural importance of sport and physical activity and cares about his/her own preferences in the field of physical culture; he/she also cooperates with the team, competes with other players and observes fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-4	Organization of classes: description of medical contradictions preventing from the participation in volleyball varsity trainings; presentation of the rules and regulations of the varsity; assessing students' skills during technical and tactical exercises (individual and in a team) as well as during game proper. Selection of candidates. Choosing the team's captain and the varsity's manager.	8
Cl. 5-21	General fitness preparation through small games. Perfecting counterattack techniques from service line and right wing. Perfecting first tempo attack. Practicing left wing attack. Perfecting defense actions. Perfecting the covering of own attack. Perfecting reception. Perfecting floating and jumping service. Mastering reception. Practicing „Pipe” counterattack.	32
Cl. 22-29	Volleyball matches played as part of Lower Silesia University League and Polish University Championships; trial matches.	18
Cl. 30	Course completion.	2
	Total hours	60

TEACHING TOOLS USED

- N1. Training methods: based on precisely designed, specific tasks, small games, school games, training matches.
 N2. The trainer's demonstration
 N3. Recording and video-analysis of the players' performance.
 N4. Lecture.

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

PRIMARY LITERATURE:

- [1] Superlak E.: *Pilka siatkowa. Techniczno-taktyczne przygotowanie do gry*. Wrocław: Wydawnictwo Infovolley, 1995. ISBN 83-904101-0-9.

SECONDARY LITERATURE:

- [1] 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)

Robert Jarosz, robert.jarosz@pwr.edu.pl