



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Volleyball [C\_CS>Siat30]

### Course

Field of study

Interior Design

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

practical

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Prerequisites

No prerequisites in the field of sports preparation, General good health - no medical contraindications  
Indicated interest, openness and activity

## Course objective

Volleyball is one of the most popular sports. It has a positive effect on comprehensive physical development, has great educational values, triggers individual initiative and develops habits of joint, collective action. The main goal of physical education should be considered both to improve the body and psychomotor functions of the pupil, as well as to shape in him such a system of knowledge, skills and habits as well as attitudes towards physical culture, which in practice will be manifested in the pursuit and action to maintain a high level of physical fitness and health. GENERAL OBJECTIVES 1. Improving motor skills - speed - agility - jumping - flexibility - strength - durability 2. Shaping the correct body posture. 3. Learning and improving elements of technology. 4. Learning and improving tactics. 5. Eliminating technical and tactical errors. 6. Learning to work in a team. 7. Familiarizing students with the systems of playing volleyball competitions. 8. Familiarizing students with the rules of playing and refereeing volleyball. 9. Control and assessment of general and special fitness. 10. Shaping the habit of active rest. For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

## Course-related learning outcomes

Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.

Knowledge of the principles of conducting exercise classes.

Skills:

The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.

Ability to independently conduct a warm-up based on the assumptions of the class program.

The ability to adapt difficulties to individual needs during classes.

The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Competencies:

The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.

The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Assessment criteria: attendance at classes

## Programme content

1. Learning, improving the display forwards and backwards, tennis service, non-rotating, float
2. Improving playing skills - tournaments of twos and threes,
3. Conducting improvement classes (elements of the single and group block technique in fragments of the game)
- 4 Tactics vs. individual technique vs. team tactics
5. Learning and improving the technique of attack, tactics of playing in attack - fragments of the game
6. Hedging your own block and attack.
7. Conducting test classes (team tactics - school game 6x6)
8. Organization of sports competitions (classes conducted by students)

9. Interdepartmental tournament in the Brazilian system.

### Teaching methods

1. Talk
2. The direct purposefulness of the movement
3. Task-oriented
4. Observation of volleyball matches.

### Bibliography

E. Superlak "Volleyball. Technical and tactical preparation for the game" Wrocław 1995

W. Kasza, H. Zdebska "Volleyball defense in the field in tactical terms"

R. Kuglawczuk "Teaching and learning to play volleyball. A sample set of classes for the whole semester"  
ZWPiW Plewnia 2012

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00