



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Volleyball [C\_CS>Siat15]

### Course

Field of study

Circular System Technologies

Year/Semester

1/1

Area of study (specialization)

Bionics and Virtual Engineering  
Technical Electrochemistry  
Production Informatics and Robotics  
Production Informatics  
Engineering of Implants and Prosthesis  
Construction Engineering and Management  
Composites and Nanomaterials  
Machine Design  
Structural Engineering  
Supply Chain Logistics  
Corporate Logistics  
Metal and Plastics Materials  
Nanomaterials  
Aircraft Piloting  
Aircraft Engines and Airframes  
Logistics Systems  
Onboard Systems and Aircraft Propulsion  
Production Systems  
Organic Technology  
Polymer Technology  
Medical and Rehabilitation Devices  
Virtual Engineering  
Managing Enterprise of the Future  
Enterprise Resource and Process Management  
Integrated Work Safety Management  
null

Profile of study

general academic

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

0

Tutorials

15

Projects/seminars

0

### Number of credit points

0,00

## Coordinators

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## Lecturers

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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.

### 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:

Completing the course is achieved through active and regular participation in classes.

One absence is allowed without the obligation to make up or justify it for 15 hours per semester.

The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.

It is possible to complete two classes a week.

You can participate in physical education classes no more than once a day.

Classes must be made up on a day other than the scheduled classes.

### Programme content

Preparation for classes,

proper warm-up  
technique of receiving the ball in the upper and lower way  
playing the ball up and down  
players' positions on the pitch,  
rotation of players on the pitch  
attack technique,  
block technique,  
team tactics  
tournaments and sports competitions  
rules of the game rules rules for counting points  
fair play behavior,

## Course topics

- preparation for classes, warm-up
- technique of receiving the ball in the upper and lower way
- playing the ball up and down
- positions of players on the pitch,
- player rotation
- attack technique, effective attack
- block technique, effective block
- learning, improving the exhibition forward and backward,
- tennis serve, non-rotational, fleet
- improving playing skills - twos and threes tournaments,
- conducting training classes
- elements of single and group block techniques, game fragments
- tactics, individual technique and team tactics
- learning and improving attacking techniques, attacking tactics, game fragments
- securing your own block and attack.
- test classes (team tactics - 6x6 school game)
- organization of sports competitions (classes conducted by students)
- inter-departmental tournament using 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	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00