

<b>Title:</b>	Theory and Methodology of Volleyball
<b>Lecture hours:</b>	30
<b>Study period: (summer/winter)</b>	winter
<b>Number of credits:</b>	2 ECTS
<b>Assessment methods:</b>	To pass the course, students are required to attend and actively participate in all classes, as well as master and successfully complete a practical assessment of individual technical elements of volleyball.
<b>Language of instruction:</b>	English
<b>Prerequisites:</b>	A high level of physical fitness. Knowledge of basic anatomy and physiology.
<b>Course content:</b>	<ol style="list-style-type: none"> <li>1. Methodology of teaching how to move around the volleyball court.</li> <li>2. Teaching methodology of bouncing with both hands in the upper way.</li> <li>3. Methodology of teaching bounce with both hands in the lower way.</li> <li>4. The test of the skill of taking offsets using both upper and lower hands.</li> <li>5. Methodology of teaching the volleyball service.</li> <li>6. Test of the skill of performing the volleyball service.</li> </ol>
<b>Learning outcomes:</b>	<p>W01; knows the influence of volleyball on the shaping of individual components of physical fitness, including health and sports (K_W11)</p> <p>W02; knows the advantages of playing volleyball as a preventive, interventional and supportive measure supporting the development of physical fitness and maintaining well-being in various periods of ontogenesis; knows the biomedical basis of the impact of physical stimuli on physical development (K_W12)</p> <p>U01; has the ability to plan, design and conduct volleyball classes, sports training for children and adolescents based on the program, appropriate measures, methods, forms and modern technologies (K_U01)</p> <p>U02; has motor, technical and manual skills related to the profession of a physical education teacher with an additional specialization in "corrective gymnastics" and the qualifications he receives as part of his studies (K_U03)</p> <p>U03; has specific movement skills related to the technique, tactics and performance of exercises and elements of the game in volleyball (K_U04)</p> <p>K01; is aware of the level of their knowledge and skills, understands the need for continuous professional training and personal development, is aware of the</p>

	<p>importance of professionalism (K_K01)</p> <p>K02; verifies the acquired knowledge and improves skills in the course of practical activities in the field of volleyball and in the course of pedagogical activities (didactic, educational and caring) (K_K02)</p> <p>K03; is able to interpret numerical data related to the profession of a physical education teacher, sports instructor, physical recreation instructor, etc., including the results of scientific research, research and own observations (K_K14)</p>
<b>Name of lecturer:</b>	Błażej Stankiewicz
<b>Contact (email address):</b>	blasta@ukw.edu.pl
<b>Literature:</b>	<ol style="list-style-type: none"> <li>1. The American Volleyball Coaches Association (AVCA) (2015) The Volleyball Coaching Bible.</li> <li>2. AVCA (2015) Volleyball Coaching Bible, Vol. II</li> <li>3. Forman J., Lebedew M. (2016) Volleyball Coaching Wizards</li> <li>4. Oldenburg S. (2014) Complete Conditioning for Volleyball.</li> </ol>