

NAME OF THE COURSE		Volleyball					
Code		Year of study	1 st year undergraduate study				
Course teacher	Professor Zoran Grgantov, PhD Assistant professor Mirjana Milić, PhD	Credits (ECTS)	3				
Associate teachers	Nika Stanović, MSc in Kinesiology	Type of instruction (number of hours)	L	S	E	F	
			5	10	30		
Status of the course	Compulsory	Percentage of application of e-learning					
COURSE DESCRIPTION							
Course objectives	Acquiring fundamental theoretical, methodical and technical-tactical competencies in volleyball. Application of acquired knowledge in teaching volleyball as determined in the syllabus for primary and secondary schools.						
Course enrolment requirements and entry competences required for the course	None						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>After taking all classes, practical seminars and exercises, students will be able to:</p> <ul style="list-style-type: none"> - List the most important events in history of volleyball in the world and in Croatia - Explain the basic rules of volleyball - Demonstrate correctly basic techniques in volleyball - Apply basic tactical principles of mini volleyball and volleyball during a game - Apply basic styles of teaching volleyball techniques (recognition of errors in performance, giving feedback, providing adequate exercises for performance improvement and correcting performance errors) 						
Course content broken down in detail by weekly class schedule (syllabus)	Course content (lectures)		N. of hours	Classes held by			
	Kinesiological and anthropological analyses of volleyball. Specificities of volleyball in relation to other team sports. Representation of a part of men's and women's volleyball.		1	Professor Zoran Grgantov, PhD			
	History of volleyball in the world and in Croatia		0.5	Professor Zoran Grgantov, PhD			
	Rules of volleyball		0.5	Professor Zoran Grgantov, PhD			
	Basic techniques in volleyball		1	Professor Zoran Grgantov, PhD			
	Basic methods in volleyball		1	Professor Zoran Grgantov, PhD			
	Fundamentals of planning and programming a training session in volleyball		0.5	Professor Zoran Grgantov, PhD			
	Basic game systems in attack and defence in volleyball		0.5	Professor Zoran Grgantov, PhD			
	Course content (seminars)		N. of hours	Classes held by			
	1. Volley positions - taking a position,		1	Professor Zoran			

	receiving a serve 4. Game 6:6 with emphasis on complex 1 (receiving a serve, lifting and attack spiking)		Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology			
	1. Overhand and forearm passing 2. Spiking of the lifted ball 3. Serve and receiving the serve 4. Blocking in a position and after movement 5. Game 6:6 with emphasises on game in complex 2 (serve, block, field defence, lifting and spiking in counter attack)	4	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology			
	1. Overhand and forearm passing 2. Sprawl and side roll 3. Spiking of the lifted ball 4. Game 6:6 with emphasis on game in complex 1 i 2	4	Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology			
	Test: 1. Float service 2. „Tennis“ service 3. Jump serve 4. Setting 5. Spiking	2	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD			
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	<input checked="" type="checkbox"/> independent assignments <input checked="" type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)				
Student responsibilities						
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	1.5
	Experimental work		Report		Methods (Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam	1	(Other)	
	Written exam		Project		(Other)	
Grading and evaluating student work in class and at the final exam	<p>Practical part of the exam includes students' demonstration of 13 volleyball techniques divided in 2 tests.</p> <p>The 1st test is implemented after 4 weeks of classes and includes the following 7 techniques:</p> <ol style="list-style-type: none"> Overhand passing - forward Digging - forward Overhand passing - backward Underhand serve Sprawl Side roll with overhand passing Side roll with forearm passing <p>The 2nd test is implemented after 8 weeks of classes and includes the remaining 6 techniques:</p> <ol style="list-style-type: none"> Float service “Tennis” service Jump service Forward roll or ‘pancake’ 					

	<p>5. Setting 6. Spiking</p> <p>Each volleyball technique is evaluated with the 1-5 grading system. An average grade is calculated for all students who achieve positive results in all technique elements. Regular class attendance and commitment are graded with the 1-5 grading system based on attendance records and continuous monitoring of students' involvement during classes.</p> <p>Theoretical (oral test) in volleyball includes 5 questions, one from each of the following chapters:</p> <ol style="list-style-type: none"> 1. History of volleyball 2. Rules of volleyball 3. Technique of volleyball elements 4. Long-term preparation of volleyball players in different areas of anthropological status 5. Systems of a volleyball game in defence and attack <p>Each answer is evaluated with 0. $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or 1 point. Grade in a written test results from the following calculation:</p> <p>less than 2,5 points – grade 1 2,5 and 2,75 points – grade 2 3 points – grade 2/3 3,25 and 3,5 points – grade 3 3,75 points – grade $\frac{3}{4}$ 4 points – grade 4 4,25 and 4,5 points – grade 4/5 4,75 and 5 points – grade 5</p> <p>Final grade in the course Fundamentals of volleyball is calculated as follows: (volleyball technique x 1,5) + (theory x 1) + (regular class attendance and commitment x 0,5) / 3</p>		
Required literature (available in the library and via other media)	Title	Number of copies in the library	Availability via other media
	Course materials in form of a PPT presentations		
Optional literature (at the time of submission of study programme proposal)			
Quality assurance methods that ensure the acquisition of exit competences	Class attendance, (practical tests), student evaluation of classes and teachers.		
Other (as the proposer wishes to add)			