C 1	URSE	Volleyball						
Code			Year of study	1 st year undergraduate study				ıdy
Course teacher	PhD	or Zoran Grgantov, nt professor Mirjana PhD	Credits (ECTS)		3			
Associate teachers		Tika Stanović, MSc in Type of instruction (number of hours)			L 5	S 10	E 30	F
Status of the course	Compu	ilsory	Percentage of appl of e-learning	ication	•			
		COURS	SE DESCRIPTION					
Course objectives	volleyb Applic	oall.	retical, methodical an wledge in teaching vools.			-		
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)	After taking all classes, practical seminars and exercises, students will be able to: - 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)							
			adequate exercises for	performa				
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movements in different directions and stopping. Mini volleyball 1:1 with catching and throwing the ball from above the head and from waist height. 2. Overhand and forearm passing – forward, high and low. Mini volleyball 1:1 with one ball bounce.		Grgantov, PhD
1. Overhand and forearm passing after movements in different directions. Underhand serve. Mini volleyball 1:1 and 2:2 with first, second and third setting over the net. 2. Receiving underhand serve. 3. One- step approach spike	2	Professor Zoran Grgantov, PhD
1. Defence of spiked balls (forearm and overhand passing and mini volleyball 3:3. 2. Three-step approach spike	1	Professor Zoran Grgantov, PhD
Sprawl, side roll with underhand and forearm passing.	1	prof Professor Zoran Grgantov, PhD
1. Mini volleyball 4:4, 2. Float and "tennis" service. Reception of float and "tennis" service	1	Professor Zoran Grgantov, PhD
1. Forward roll. 2. Game system 6:6 in attack with "W" service reception formation.	1	Professor Zoran Grgantov, PhD
1. Jump serve and receiving the jump serve. 2. Individual block in a position. Game systems 0:3:3 and 1:2:3 in defence 3. Double-block forming at the outside of the net with side step, cross step and running approach. 4. Game system 6:3 (simple and complex) in attack	2	Professor Zoran Grgantov, PhD
1. Receiving the serve with 4 and with 3 players 2. Game system 2:1:3 in defence	1	Professor Zoran Grgantov, PhD

Course content (exercises)	N. of hours	Classes held by
1. Basic volleyball positions - taking a position, movements in different directions and stopping. Mini volleyball 1:1 with catching and throwing the ball from above the head and from waist height. 2. Overhand and forearm passing – forward, high and low. Mini volleyball 1:1 with one ball bounce.	4	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology
1. Overhand and forearm passing after movements in different directions. Underhand serve. Mini volleyball 1:1 and 2:2 with first, second and third setting over the net. 2. Receiving underhand serve. 2. One- step approach spike	4	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology
1. Defence of spiked balls (forearm and overhand passing and mini volleyball 3:3. 2. Three- step approach spike	4	Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology
Test: 1. Overhand passing 2. Underhand passing 3. Sprawl 4. Side roll with overhand passing 5. Sprawl with underhand passing 6. Underhand serve	2	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD
1. Spiking 2. Sprawl and side roll 3. Serve and	4	Assistant Professor

	receiving a serve 4. Game 6:6 with emphasis on complex 1 (receiving a serve, lifting and attack spiking) 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) 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 Test: 1. Float service 2. "Tennis" service 3. Jump serve 4. Setting 5. Spiking				Nika Stanović, Kinesiology Professor Zorar Grgantov, PhD Assistant Profes Mirjana Milić, Nika Stanović, Kinesiology Assistant Profes Mirjana Milić, Nika Stanović, Kinesiology Professor Zorar Grgantov, PhD Assistant Profes	Professor Zoran Grgantov, PhD Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology Assistant Professor Mirjana Milić, PhD Nika Stanović, MSc in Kinesiology Professor Zoran		
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Format of instruction	 ⊠ seminars and worksnops 			ependent assignments timedia oratory k with mentor (other)				
Student responsibilities								
Screening student work (name the	Class attendance 0.5 Research				Practical training	1.5		
work (name the proportion of ECTS credits for each	Experimental work		Report			Methods (Other)		
activity so that the total number of ECTS	Essay		Seminar essay			(Other)		
credits is equal to the ECTS value of the	Tests		Oral exam	1		(Other)		
course)	Written exam		Project			(Other)		
Grading and evaluating student work in class and at the final exam	Practical part of the exam includes students' demonstration of 13 volleyball techniques divided in 2 tests. The 1st test is implemented after 4 weeks of classes and includes the following 7 techniques: 1. Overhand passing - forward 2. Digging - forward 3. Overhand passing - backward 4. Underhand serve 5. Sprawl 6. Side roll with overhand passing 7. Side roll with forearm passing The 2nd test is implemented after 8 weeks of classes and includes the remaining 6 techniques: 1. Float service 2. "Tennis" service 3. Jump service 4. Forward roll or 'pancake'							

5.	Setting

6. Spiking

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.

Theoretical (oral test) in volleyball includes 5 questions, one from each of the following chapters:

- 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

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:

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

 $3,75 \text{ points} - \text{grade } \frac{3}{4}$

4 points - grade 4

4,25 and 4,5 points - grade 4/5

4,75 and 5 points – grade 5

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

Required literature (available in the	Title	Number of copies in the library	Availability via other media			
library and via other media)	Course materials in form of a PPT presentations					
Optional literature (at						
the time of						
submission of study						
programme proposal)						
Quality assurance	Class attendance, (practical tests), student evaluation of classes and teachers.					
methods that ensure						
the acquisition of exit						
Competences						
Other (as the proposer wishes to						
add)						
auu)						