

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: VOLLEYBALL / OA1			
Teacher/Teachers: Sunčica Poček, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: None			
Subject aim The intention and the aim of the subject is to teach students the basics of volleyball (techniques, tactics, physical and theoretical preparation) and to apply the acquired sport and technical knowledge in direct practice.			
Subject outcome Students who successfully realise all the subject tasks will be trained to realise the programme contents on beach volleyball in primary and secondary school, to “recognise”, guide, and select based on clear criteria (battery of measures and tests) of the best talented pupils for top sport achievements in volleyball, to independently plan and design the work in a school volleyball section and a volleyball club, and smoothly continue their further theoretical and practical development.			
Subject content <i>Theory</i> Origin and development of volleyball, characteristics of modern volleyball, structure of the psychosomatic dimensions of volleyball players, selection and early sport specialisation in volleyball, volleyball in school (curriculum for primary and secondary school), technical preparation, tactical preparation, physical preparation, theoretical preparation, game rules, planning and designing the professional work, battery of measures and tests for assessing the characteristics and abilities, static monitoring and analysis of a volleyball match, periodisation of sport trainings in volleyball, preparation and leading of a volleyball team <i>Practice</i> Volleyball postures and movements, rejecting the ball with fingers, rejecting the ball with forearms, serving, receiving the served ball, raising the ball for an attack, attack, block, defending the field, simple tactical game systems, complex tactical game systems.			
Literature 1) Selinger, A., & Ackermann-Blount, J. (1986). Arie Selinger's Power Volleyball: The Complete Guide to the Sport by the Coach of the Silver-medal-winning US Women's Olympic Volleyball Team. St. Martin's Press. 2) American Volleyball Coaches Association. (2018). Volleyball Skills & Drills. Human Kinetics. 3) Kenny, B., & Gregory, C. (2012). Odbojka: Koraci do uspeha. Data Status. 4) Oldenburg, S. (2014). Complete conditioning for volleyball. Human Kinetics. 5) YOCC. (2017). Pravila igre. Beograd: YOCC.			
Number of active teaching classes		Theory: 2	Practice: 2
Teaching methods Lectures, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	Points
engagement in class activities	10	written exam	40
mid-term test	10	oral exam	40
attendance		Test	
seminar(s)			
The manner of knowledge evaluation may be different, those stated in the table are some of the options: (written exams, oral exams, project presentations, seminars, etc.....			
*maximum length 1 page of A4 format			