

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> BEACH VOLLEYBALL / ОАИ12			
<b>Teacher/Teachers:</b> Sunčica Poček, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 4			
<b>Requirements:</b> None			
<b>Subject aim</b> 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.			
<b>Subject outcome</b> Students who successfully realise all the subject tasks will be trained to realise the programme contents on beach volleyball, to “recognise”, guide, and select based on clear criteria (battery of measures and tests) of the best talented pupils for top sport achievements in beach volleyball, to independently plan and design the work in a volleyball section and a volleyball club, and smoothly continue their further theoretical and practical development.			
<b>Subject content</b> <i>Theory</i> Origin and development of beach volleyball, characteristics of modern beach volleyball, structure of the psychosomatic dimensions of volleyball players, selection and early sport specialisation in beach volleyball, 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, volleyball injuries. <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, technique specificities of the beach volleyball, tactics specificities of the beach volleyball.			
<b>Literature</b> 1) Bahr, R., & Reeser, J. C. (2003). Injuries among world-class professional beach volleyball players: The Federation Internationale de Volleyball beach volleyball injury study. <i>The American journal of sports medicine</i> , 31(1), 119-125. 2) Giatsis, G., Kollias, I., Panoutsakopoulos, V., & Papaiakovou, G. (2004). Volleyball: Biomechanical differences in elite beach-volleyball players in vertical squat jump on rigid and sand surface. <i>Sports Biomechanics</i> , 3(1), 145-158. 3) Häyrinen, M., & Tampouratzis, K. (2012). Technical and tactical game analysis of elite female beach volleyball. Jyväskylä, KIHU: Research Institute for Olympic Sports. 4) Tilp, M., Koch, C., Stifter, S., & Ruppert, S. G. (2006). Digital game analysis in beach volleyball. <i>International Journal of Performance Analysis in Sport</i> , 6(1), 140-148.			
<b>Number of active teaching classes</b>	<b>Theory: 2</b>	<b>Practice: 1</b>	
<b>Teaching methods</b> Lectures, exercises, mid-term test, and consultations.			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
engagement in class activities	10	written exam	40
activities in the exercises		practical part	40
term test(s)	10	Test	