

BACHELOR DEGREE
SPORTS AND PHYSICAL EDUCATION
 1ST YEAR OF STUDY, 1ST SEMESTER

COURSE TITLE	SCIENTIFIC FUNDAMENTALS OF GAMES: VOLLEYBALL
COURSE CODE	SL1111106
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	1 st year of study, 1 st semester
NUMBER OF ECTS CREDITS	4
NUMBER OF HOURS PER WEEK	3 (1 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	UNGUREAN BOGDAN CONSTANTIN
NAME OF SEMINAR HOLDER	UNGUREAN BOGDAN CONSTANTIN
PREREQUISITES	Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p>General competences:</p> <ul style="list-style-type: none"> → Modular design (Physical and sports education, Sport and motor performance, Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation → The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise → Description and demonstration of specific operational systems for physical and sports education, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → CT1. Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology → CT2. Fulfillment of efficient and effective work tasks for organizing and conducting sports activities
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> → Acquiring knowledge, skills and motor skills, methodical and organizational. → Raising the technical-tactical level. → Acquiring the rules of the game and the specific terminology.
C	LECTURE CONTENT
	<ol style="list-style-type: none"> 1. The object of the theory and methodology of the game of volleyball 2. Elements and fundamental technical procedures in attack 3. Elements and fundamental technical procedures in defense 4. Methodology of collective tactics in attack and defense 5. Theoretical-methodical aspects in the training process in volleyball 6. Volleyball at the representative team 7. Volleyball in school (in the physical education lesson, optional and in the hour of sports activities)
D	RECOMMENDED READING FOR LECTURES
	<ul style="list-style-type: none"> • USA Volleyball – Volleyball systems and strategies, Human Kinetics, Champaign, United States, 2009, ISBN 0736074953; • Joel Dearing – Volleyball Fundamentals, Human Kinetics, Champaign, United States, 2018, ISBN 1492567299; • Mike Herbert – Thinking Volleyball, Human Kinetics, Champaign, United States, 2013, ISBN 1450442625
E	SEMINAR CONTENT
	<ul style="list-style-type: none"> • Ball school Explanation

	<ul style="list-style-type: none"> • Pass with two hands up - initiation • Organization of the three strokes • Two-handed upper hand - initiation • Organization of the three strokes - initiation • Game with reduced cash 3X3 • Pass with two upper hands - fastening • Organization of the three strokes - fixation • Bottom front service - initiation • Game with reduced cash 3X3 • Bottom front service - initiation • Taking over with two hands of initiation • Organization of defense • Game with reduced cash 3X3 • Lower front service - fastening • Taking over with two hands of initiation • Model game with reduced cash 4X4 • Organizing the attack • Hitting the ball with two lower hands - initiation • Presentation of the model I game (system with zone 6 advanced, lift in zone 3) • Hitting the ball with two lower hands - initiation • Lifting from zone 3 to zone 4 - initiation • Game 6x6 - model I Explanation, demonstration 2 hours • The top front service - initiation • Take-off with two lower hands - initiation • Game 6x6 - model I
F	RECOMMENDED READING FOR SEMINARS
	<ul style="list-style-type: none"> • USA Volleyball – Volleyball systems and strategies, Human Kinetics, Champaign, United States, 2009, ISBN 0736074953; • Joel Dearing – Volleyball Fundamentals, Human Kinetics, Champaign, United States, 2018, ISBN 1492567299; • Mike Herbert – Thinking Volleyball, Human Kinetics, Champaign, United States, 2013, ISBN 1450442625
G	EDUCATION STYLE
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Practical and teoretical evaluation
LANGUAGE OF INSTRUCTION	English