

VOLLEYBALL

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| 1 | Course Title: | VOLLEYBALL |
| 2 | Course Code: | BED4548 |
| 3 | Type of Course: | Optional |
| 4 | Level of Course: | First Cycle |
| 5 | Year of Study: | 1 |
| 6 | Semester: | 1 |
| 7 | ECTS Credits Allocated: | 3.00 |
| 8 | Theoretical (hour/week): | 2.00 |
| 9 | Practice (hour/week): | 0.00 |
| 10 | Laboratory (hour/week): | 0 |
| 11 | Prerequisites: | None |
| 12 | Language: | Turkish |
| 13 | Mode of Delivery: | Face to face |
| 14 | Course Coordinator: | Öğr.Gör. FARUK KORKMAZ |
| 15 | Course Lecturers: | |
| 16 | Contact information of the Course Coordinator: | Faruk KORKMAZ fkorkmaz@uludag.edu.tr |
| 17 | Website: | |
| 18 | Objective of the Course: | Objectives of this course are to make the students master the playing rules and also to teach them basic training exercises (overhead pass, underhand pass, spike, block, serve, dive) related with intermediate volleyball players, to make the students be able to make intermediate players execute these skills and to master the rules of beach volleyball and sitting volleyball. |
| 19 | Contribution of the Course to Professional Development: | |
| 20 | Learning Outcomes: | |
| | 1 | Gaining court and equipment knowledge, expressing basic playing rules. |
| | 2 | Mastering volleyball specific warm-up methods |
| | 3 | Preparing educational games related with novice players and making the players to perform these games. |
| | 4 | Preparing exercises including ball handling, basic playing postures and foot works related with novice players and making the novice players to perform these exercises. |
| | 5 | Understanding the progressive teaching of front, back, jump and lateral overhead pass. |
| | 6 | Understanding the progressive teaching of front, back, lateral and high-low, long-short underhand pass |
| | 7 | Understanding the progressive teaching of underhand and tennis serve. |
| | 8 | Understanding the progressive teaching of spiking. |
| | 9 | Learning the information of team formation, offence and defense systems, and game movements during the match |
| | 10 | Preparing and making them execute training programmes related with novice and intermediate players |
| 21 | Course Content: | |
| | Course Content: | |
| Week | Theoretical | Practice |

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|----------------------------|---|--|-----------------|------------------------|
| 1 | Volleyball specific general and specific warm-up methods, volleyball specific educational games | | | |
| 2 | Exercises including ball handling, basic playing postures and foot works | | | |
| 3 | Understanding the progressive teaching of front overhead pass; showing body posture, touching and hitting the ball, drills with one –two-three players, wall drills, net drills. | | | |
| 4 | Understanding the progressive teaching of back, jump and lateral overhead pass; showing body posture, touching and hitting the ball, drills with one –two-three players, wall drills, and net drills. | | | |
| 5 | Progressive teaching of front underhand pass; showing body posture, touching and hitting the ball, drills with one –two-three players, wall drills, net drills | | | |
| 6 | Understanding the progressive teaching of back, jump and lateral underhand pass; showing body posture, touching and hitting the ball, wall drills, and net drills. | | | |
| 7 | Progressive teaching of underhand serve; parallel and cross court serve, showing body posture, hitting the ball, wall drills with one player, net drills with two players | | | |
| 8 | Progressive teaching of tennis serve; parallel and cross court serve, showing body posture | | | |
| Activites | | Number | Duration (hour) | Total Work Load (hour) |
| Theoretical | cross court spike, showing body posture and approaching, stepping on court and near net, | 14 | 2.00 | 28.00 |
| Practicals/Labs | | 0 | 0.00 | 0.00 |
| Self study and preparation | | 15 | 4.00 | 60.00 |
| 10 | Understanding the progressive teaching of | | | |
| Homeworks | | 0 | 0.00 | 0.00 |
| Projects | (and lateral side) showing body posture, hitting the ball, drills with one-two-three players | 0 | 0.00 | 0.00 |
| Field Studies | | 0 | 0.00 | 0.00 |
| Midterm exams | drills with two-three-more players | 1 | 1.00 | 1.00 |
| Others | | 0 | 0.00 | 0.00 |
| Final Exams | setting offence and defense systems for children, youth and young players, and game | 1 | 1.00 | 1.00 |
| Total Work Load | | | | 91.00 |
| 13 | Volley playing rules, forming basic and intermediate training programmes | | | 3.00 |
| ECTS Credit of the Course | | | | 3.00 |
| | intermediate training programmes | | | |
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| 22 | Textbooks, References and/or Other Materials: | Voleybol teknik taktik book. Faruk Korkmaz | | |
| 23 | Assesment | | | |
| TERM LEARNING ACTIVITIES | | NUMBE R | WEIGHT | |
| Midterm Exam | | 1 | 40.00 | |
| Quiz | | 0 | 0.00 | |
| Home work-project | | 0 | 0.00 | |
| Final Exam | | 1 | 60.00 | |
| Total | | 2 | 100.00 | |

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| Contribution of Term (Year) Learning Activities to Success Grade | 40.00 |
| Contribution of Final Exam to Success Grade | 60.00 |
| Total | 100.00 |
| Measurement and Evaluation Techniques Used in the Course | |
| 24 | ECTS / WORK LOAD TABLE |

| 25 | CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS | | | | | | | | | | | | | | | |
|--|--|-----|--------------|-----|-----------------|-----|---------------|-----|--------------------|------|------|------|------|------|------|------|
| | PQ1 | PQ2 | PQ3 | PQ4 | PQ5 | PQ6 | PQ7 | PQ8 | PQ9 | PQ10 | PQ11 | PQ12 | PQ13 | PQ14 | PQ15 | PQ16 |
| ÖK1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LO: Learning Objectives PQ: Program Qualifications | | | | | | | | | | | | | | | | |
| Contribution Level: | 1 very low | | 2 low | | 3 Medium | | 4 High | | 5 Very High | | | | | | | |