

BEACH VOLLEYBALL I

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| 1 | Course Title: | BEACH VOLLEYBALL I |
| 2 | Course Code: | AEB2073 |
| 3 | Type of Course: | Optional |
| 4 | Level of Course: | First Cycle |
| 5 | Year of Study: | 2 |
| 6 | Semester: | 3 |
| 7 | ECTS Credits Allocated: | 5.00 |
| 8 | Theoretical (hour/week): | 1.00 |
| 9 | Practice (hour/week): | 2.00 |
| 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: | fkorkmaz@uludag.edu.tr |
| 17 | Website: | |
| 18 | Objective of the Course: | Objectives of this course are to understand playing rules and also to teach them ball handling exercises, educational games and basic skills (underhand pass, overhead pass, serve, receiving serve, defense, block, and dive) related with novice beach volley players, to make them master team formation, game systems in volleyball, setting front-back court defense and offense system, skill of reading game related with child, youth, young beach volley players |
| 19 | Contribution of the Course to Professional Development: | |
| 20 | Learning Outcomes: | |
| | 1 | Gaining court and equipment knowledge, expressing basic playing rules. |
| | 2 | Mastering beach volleyball specific warm-up methods |
| | 3 | Preparing exercises including ball handling, basic playing postures and foot works related with novice players and making the novice players to perform these exercises. |
| | 4 | Understanding the progressive teaching of front, back, jump and lateral overhead pass. |
| | 5 | Understanding the progressive teaching of front, back, lateral and high-low, long-short underhand pass |
| | 6 | Understanding the progressive teaching of underhand and tennis serve. |
| | 7 | Understanding the progressive teaching of spiking. |
| | 8 | Understanding the progressive teaching of spectacular defence |
| | 9 | Understanding the training exercises of receiving service and defense for spike |
| | 10 | Learning the information of team formation, offence and defense systems, and game movements during the match |
| 21 | Course Content: | |
| | Course Content: | |

| Week | Theoretical | Practice | | |
|----------------------------|---|--|-----------------|------------------------|
| 1 | Beach Volley specific general and specific warm-up methods, volleyball specific educational games | Execution of Educational Games | | |
| 2 | Exercises including ball handling, basic playing postures and foot works | Execution of Educational Games | | |
| 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. | Execution of Educational Games | | |
| 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. | Execution of Educational Games | | |
| 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 | Execution of Educational Games | | |
| 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. | Execution of Educational Games | | |
| 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 | Execution of Educational Games | | |
| Activites | | Number | Duration (hour) | Total Work Load (hour) |
| 9 | Progressive teaching of spike; parallel and cross court spike, showing body posture and arm swing, timing, hitting the ball with stable feet and jumping. | Execution of Educational Games | 28.00 | 28.00 |
| Practicals/Labs | | 14 | 2.00 | 28.00 |
| Self study and preparation | | 14 | 2.00 | 28.00 |
| Homeworks | | 1 | 16.00 | 16.00 |
| 10 | Understanding the progressive teaching of diving; (with rolling, tumbling, chest, to front | Execution of Educational Games | 0.00 | 0.00 |
| Field Studies | | 0 | 0.00 | 0.00 |
| 11 | Receiving the serve and defense for spike | Execution of Educational Games | 8.00 | 8.00 |
| Others | | 0 | 0.00 | 0.00 |
| 12 | Beach Volley playing rules, team formation, setting offence and defence systems for | Execution of Educational Games | 12.00 | 12.00 |
| Total Work Load | | | | 128.00 |
| Total work load/ 36 hr | | | | 4.00 |
| ECTS Credit of the Course | | | | 5.00 |
| 14 | Beach Volleyball playing rules, applying basic and intermediate training programmes | Execution of Educational Games | | |
| 22 | Textbooks, References and/or Other Materials: | Korkmaz F. Voleybol-teknik, taktik, Ekim Kitabevi, 2003 *TVF Voleybol Resmi oyun Kuralları, Sim matbaacılık, Ankara, 2001 *Orkunoğlu O. Voleybolda Takım Gelişimi ve Taktik, Neyir Ofset, Ankara, 1988 *Chiappini A, Polidori F. Mini Voleybol El Kitabı, TVF Yayınları, Ankara, 2009 *Onay C. Voleybol Antrenman Drilleri, Özbiçer Ofset, Mersin, 2008 *Baacke H. (Çev: E. Pekünlü) Voleybol Antrenmanı I., VAD, İstanbul. *Neville WJ. Coaching Volleyball Successfully, USVBA, 1990, USA *Viera BL, Ferguson BJ. Teaching Volleyball, Leisure Press, 1989, Canada | | |
| 23 | Assesment | | | |

| TERM LEARNING ACTIVITIES | | NUMBER | 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 |
| 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 | 5 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK2 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK3 | 4 | 0 | 0 | 4 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK4 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK5 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK6 | 4 | 0 | 0 | 3 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK7 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK8 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK9 | 4 | 0 | 0 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK10 | 4 | 0 | 0 | 4 | 4 | 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 | | | | | | | |