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Course title: RECREATIONAL TEAM GAMES – VOLLEYBALL

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: spring

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr Joanna Bukowska;  
joanna.bukowska@uwm.edu.pl

Type of classes: classes

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#### Substantive content

CLASSES: Volleyball rules. Learning the right position in volleyball and movement on the volleyball field. Learning to bounce the ball the upper and lower way. Hitting the ball in attack, blocking at the net. Recreational games and activities with elements of volleyball. Beach volleyball - regulations, technique. Improving technique elements in exercises and the game. Playing a volleyball match

Learning purpose: The student has mastered the volleyball technique at the basic level.

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On completion of the study programme the graduate will gain:

Knowledge: student knows the terminology used in volleyball and its regulations.

Skills: student is able to correctly perform elements of volleyball technique

Social Competencies: Is able to work in a team and knows the rules and understands the need for self-improvement.

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#### Basic literature:

1. Conlee RK, McGown CM, Fisher AG, Dalsky GP, Robinson KC. Physiological Effects of Power Volleyball. *Physitian and Sportsmedicine*. 1982 Feb;10(2):93-97. doi: 10.1080/00913847.1982.11947167.
  2. Vishaw GAURAV, Amandeep SINGH. Anthropometric characteristics of Indian volleyball players in relation to their performance level. *Turkish Journal of Sport and Exercise*, 2014: 16(1): 87-89.
  3. BENEFITS OF PLAYING VOLLEYBALL. Retrieved from: <http://welovevolleyball.co/benefits-playing-volleyball/>.
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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72