



## Information about the course

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 282073 **Name:** Volleyball

**Credits:** 4,50 ECTS **Year:** 4 **Semester:** 2

**Module:** 4) Optional Module.

**Subject Matter:** Collective Sports **Type:** Optativa

**Branch of knowledge:** Health Sciences

**Department:** Physical-Sports Disciplines and Activities

**Type of learning:** Classroom-based learning

**Language/-s in which it is given:** Spanish

**Teachers:**

OP34

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## Module organization

### 4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2



Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1



Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2



## Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R16 - Describe and identify the internal and external logic of volleyball.

Learning outcomes of the specified title

**Type of AR:** Habilidades o Destrezas

- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

**Type of AR:** Competencias

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.



- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

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R17 - Describe and prioritize practically the elements that constitute each of the structures (coordination, cognitive, conditional, socio-affective, and emotive-volitional) of volleyball in different ages and contexts.

Learning outcomes of the specified title

**Type of AR:** Habilidades o Destrezas

- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.

- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

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### **R18 - Scientifically justify content related to volleyball.**

Learning outcomes of the specified title

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### **Type of AR:** Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.



- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
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R19 - Design and implement tasks, sessions, and programs for developing various capacities and skills specific to volleyball in different ages and contexts.

Learning outcomes of the specified title

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R20 - Apply assessment procedures and instruments to determine the level of acquisition of sports skills at different ages, oriented toward health and contexts (educational, recreational, competitive, and therapeutic).

Learning outcomes of the specified title

**Type of AR:** Habilidades o Destrezas

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- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.



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## Assessment system

### Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R16, R17, R18, R19	40,00%	Written and/or practical tests.
R18, R19, R20	40,00%	Individual or Group Work / Project.
R16, R17, R19	20,00%	Oral tests or presentation.

### Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
- According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 80% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

### SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

#### Written and/or practical tests

It consists of a single final test on the dates of the official convocation . This instrument is divided into two parts:



Theoretical-practical exam of 20 multiple-choice questions, 3 options, each 2 wrong subtracts 1 correct (20%). Development questions, 4, each one counts 0.5 (20%).

**Individual/group work/project**

Realization of an audio-visual, on defensive and offensive tactics of a team.

**Oral tests or exposition**

The student will choose one of these two theoretical/practical expositions:

Exhibition on the improvement of a technical gesture. Presentation on a tactical situation of the game.

*The detailed explanation (procedure of the tasks) as well as the evaluation tools (cards or rubrics) of each section will be published on the platform of each group at the disposal of the student.*

## Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

**IN-CLASS TRAINING ACTIVITIES**

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
THEORETICAL CLASS : Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R16, R18, R19, R20	Presentation of content by the teacher. Practical lesson.	11,80	0,47



<p><b>PRACTICAL CLASS / SEMINAR:</b> Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.</p>	<p>R16, R17, R18, R19, R20</p>	<p>Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.</p>	<p>27,20</p>	<p>1,09</p>
<p><b>EVALUATION:</b> Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.</p>	<p>R16, R17, R18, R19, R20</p>	<p>Resolution of problems and cases.</p>	<p>4,00</p>	<p>0,16</p>
<p><b>TUTORING:</b> Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.</p>	<p>R18, R19</p>	<p>Resolution of problems and cases.</p>	<p>2,00</p>	<p>0,08</p>
<p><b>TOTAL</b></p>			<p><b>45,00</b></p>	<p><b>1,80</b></p>



### TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R16, R17, R18, R19, R20	Resolution of problems and cases. Group dynamics and activities.	20,50	0,82
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R16, R17, R18, R19, R20	Resolution of problems and cases. Group dynamics and activities.	47,00	1,88
<b>TOTAL</b>			<b>67,50</b>	<b>2,70</b>

## Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

### Theoretical content:

Block of content	Contents
BLOCK 1	History and regulation of volleyball
BLOCK 2	Structural analysis of volleyball
BLOCK 3	Didactics of teaching-training
BLOCK 4	Technical-tactical fundamentals of volleyball
BLOCK 5	Strategic situations in volleyball



## Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	5	7,50
BLOCK 2	10	15,00
BLOCK 3	8	12,00
BLOCK 4	5	7,50
BLOCK 5	2	3,00





## References

- Blázquez, D. (1986). Iniciación a los deportes de equipo. Barcelona: Martínez Roca.
- Castejón, F.J., Giménez, F.J., Jiménez, F. & López, V. (2003). Iniciación deportiva: la enseñanza y el aprendizaje comprensivo en el deporte. Sevilla: Wanceulen.
- Comas, M. (1991) Planning. Planificación de la temporada. Madrid: Gymnos.
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- Hahn (1988) Entrenamiento con niños. Barcelona: Martínez Roca.
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- Sánchez Bañuelos, F. (1992). Bases para una didáctica de la educación física y el deporte. Madrid: Gymnos.
- Taelman, R. (1988) El entrenamiento del portero. Lérida: Aconos.