

Course Title	VOLLEYBALL II			
Course Code	SSVOL428-S-1			
Course type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Spring			
Teacher's Name	Giorgos Georgiou			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	<p>Upon successful completion of the course, the student will possess all the necessary theoretical and practical knowledge in order to be able to teach volleyball methodically. Also, through the teaching modules, they will acquire the necessary theoretical and practical knowledge to organize and direct training at developmental ages, organize matches, and teach volleyball in recreation and tourist facilities</p>			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the importance of training planning and apply periodicity to training. 2. Apply teaching methods for the development of physical fitness in volleyball. 3. Develop the speed and endurance of athletes in volleyball through appropriate teaching methods. 4. Apply player selection criteria and design training units for different age groups. 5. Understand the role of the coach in the training process and apply knowledge from physiology, biokinetics and psychology to improve the training process. 6. Perform tests and measurements to assess the physical abilities and technical dexterity of athletes. 7. Create a training plan and evaluate the course modules. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	

<p>Course Content</p>	<ol style="list-style-type: none"> 1. Training scheduling: The concept and value of programming. Periodicity of training. Necessity of planning, long-term goals and ways to achieve them. Long-term training planning. 2. The physical condition in volleyball. The role of power in volleyball. Didactic methods for its development. Training planning (preparation, matchday and transitional). 3. The role of speed in volleyball. Reaction speed – and speed of movement. Teaching methodology and exercises for its development. Basic rules of speed development and combination with the technique of the sport. 4. The role of endurance in volleyball. Features and methods for its development. Basic rules for endurance development in combination with the sport's technique. 5. Volleyball at developmental ages. Somatometric characteristics aged 10-12 years. Player selection criteria. Training volume for technical, tactical, and physical preparation. Teaching a training unit with a specific exercise list. 6. Volleyball at developmental ages. The selection of players at the ages of 13-14. Training load on technical, tactical, and physical preparation. Teaching a training unit with a specific training program for these ages. 7. Volleyball at the developmental ages of 15-16 years. Total training load in technical, tactical, and physical preparation. Teaching a training unit with a specific training program for these ages. 8. Volleyball at the developmental ages of 17-19 years. Design of technical, tactical, and physical preparation. Teaching a training unit with a specific training program for these ages. 9. The coach's characteristics and his role in training. The coaching of the team. Application of knowledge from physiology, biomotor and psychology to improve the training process. 10. Tests and measurements for physical abilities, technical dexterity, and control of training. 11. Creation of a training plan and evaluation of the course units.
<p>Teaching Methodology</p>	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p>

	<p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<p>Κουντούρης, Π., Αγγελονίδης, Κατσικαδέλη, Α., & Λάιος, Ι. (2017). <i>Διδακτική και προπονητική της πετοσφαίρισης</i>. Αθήνα: Πεδίο. Κατσικαδέλη, Α., Αγγελονίδης, Ι., Κουντούρης, Π., & Λάιος, Ι. (2001). <i>Πετοσφαίριση: Μεθοδική διδασκαλία</i>. Αθήνα</p> <p><u>Additional bibliography:</u> Kenny, B., & Gregory, C. (2006). Volleyball: Steps to success. Human Kinetics. Μπεργελές, Ν. (1993). Προπονητική Πετοσφαίρισης. Αθήνα. Μπεργελές, Ν. (1992). Προγραμματισμός βόλεϊ στις αναπτυξιακές ηλικίες. Αθήνα. Παολίνι, Μ. (2015). Ετήσιος προγραμματισμός προπόνησης βόλεϊ στις ηλικίες κάτω των 14. Αθλότυπο. Reeser, J. C. (2009). Πετοσφαίριση. επιμέλεια Παναγιώτης Κουντούρης, Σοφία Παπαδοπούλου. - 1η έκδ. - Αθήνα : Ιατρικές Εκδόσεις Π. Χ. Πασχαλίδης. Reynaud, C. (2011). Coaching volleyball technical and tactical skills. Human Kinetics.</p>
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding volleyball. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding volleyball is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in relation to volleyball. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about volleyball, following a prepared training plan that includes training objectives, exercises, teaching methods and educational materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and

	<p>demonstrates basic technical skills in volleyball required to practice the specific sport.</p> <ul style="list-style-type: none"> • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the lesson on volleyball. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in volleyball. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of volleyball and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of volleyball to practical scenarios.
Language	Greek / English