



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Academic Studies, Physical Education and Sport**

Study Module (if applicable)

Course title

Volleyball

Level of study

Bachelor academic    Master's    Doctoral

Type of course

Obligatory    Elective

Semester

Autumn    Spring

Year of study

Third

Number of ECTS allocated

6

Name of lecturer/lecturers

Dragan Nejić, Ph.D, full professor

Teaching mode

Lectures    Group tutorials    Individual tutorials  
 Laboratory work    Project work    Seminar  
 Distance learning    Blended learning    Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Students will be able to understand the basic volleyball rules, to master the theoretical knowledge and practical skills and to apply them in the teaching process which is planned for specific programs, depending on the age of students, then to apply some research methods in school and sports practice.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Basic technical elements: passing, digging, serving, spiking, blocking, defense. Application of the volleyball specific knowledge, skills and habits in 6: 6 with Libero, \*U\* in volleyball, wall volleyball, beach volleyball, mini volleyball, maxi volleyball, park volleyball, water volleyball, volleyball for the disabled and for children. Methodology of the techniques elements. Tactics and different tactical systems. Volleyball and non - volleyball loads for the development of the maximal volleyball skills. Volleyball techniques and tactics. Planning, implementation and control of the training of the techniques, tactics, mental skills, volleyball fitness, prevention of injuries, sports nutrition and competitions.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)    English (complete course)    Other \_\_\_\_\_ (complete course)

Serbian with English mentoring     Serbian with other mentoring \_\_\_\_\_

#### ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory	5	Practical examination	10
Practicals	5	Oral examination	20
Colloquium 1 (theory)	15		
Colloquium 2	20		
Other	25	OVERALL SUM	100

\*Final examination mark is formed in accordance with the Institutional documents