

## COURSE OUTLINE COACHING AND TEACHING VOLLEYBALL

### 1. GENERAL

<b>SCHOOL</b>	<b>PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY</b>		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C101	<b>SEMESTER</b>	1st
<b>COURSE TITLE</b>	COACHING AND TEACHING VOLLEYBALL		
<b>TEACHING ACTIVITIES</b> <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		3	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	GREEK - ENGLISH		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	YES		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02427/">https://eclass.duth.gr/courses/KOM02427/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon the completion of this course, students will be able to:</p> <ul style="list-style-type: none"> <li>• <i>know the basic skills of volleyball technique.</i></li> <li>• <i>Know the basic tactics of volleyball in defense and attack.</i></li> <li>• <i>acquire the ability to teach to a satisfactory degree.</i></li> <li>• <i>To be able to design a lesson plan aimed at learning skills.</i></li> </ul>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information,</i> <i>ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Project design and management</i> <i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> <li>• <i>Search, analysis and synthesis of data and information, using the necessary technologies</i></li> </ul>	

- *Generation and organization of new research ideas*
- *Planning, management and teaching skills*
- *Promotion of free, creative and deductive thinking*

### 3. COURSE CONTENT

1. *Introduction to Volleyball, characteristics of the game, basic rules.*
2. *Effective practice, effective instructor, modified games.*
3. *Teaching-practice plan. Daily teaching plan.*
4. *Warm-up, Basic postures - movements, Passing with fingers.*
5. *Teaching of the previous section, Cuff (with movement, on targets).*
6. *Teaching of the previous module, Serve from below, Receiving the serve, Receiving W line-up with 5 players.*
7. *Teaching of the previous module, Practicing serving on targets (de-ar), practicing receiving on target (position - zone 3).*
8. *Teaching of the previous section, Serve from above (rotating/waving).*
9. *Teaching of the previous unit, Attack, pacing, time, jump, hitting the ball. Covering the attack.*
10. *Teaching of the previous unit, Blocking (individual, team), ways of moving, 6:0 game - composition.*
11. *Teaching of the previous unit, Defense, techniques, drops/use.*
12. *Teaching of previous unit, Group defensive formations (6 forward & 6 back).*
13. *Compositional system 6:0 & 4:2. Player changes after the serve.*

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in teaching and communication with students <ul style="list-style-type: none"> <li>• digital slides</li> <li>• videos</li> <li>• MsTeams/ e-class, webmail</li> </ul>	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i>  <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	39
	Work	11
	Study and analysis of the literature	22
	Exams	3
	<b>Total</b>	<b>75</b>
<b>STUDENT EVALUATION</b>	Formative Evaluation	

<p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<p>Practical examination 40%</p> <p>Individual Homework 20%</p> <p>Written examination 40%</p>
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## 5. SUGGESTED BIBLIOGRAPHY

1. CzimekVolker Επιμέλεια: Γιαννακόπουλος Ανέστης (2022). Προπόνηση Πετοσφαίρισης για αρχάριους/Από το μίνι βόλεϊ στην Πετοσφαίριση, Εκδόσεις Sportbook, Τουπτσές Ηλίας. ISBN 112701633
2. C. REYNAUD, M. HEBERT Επιμέλεια: Γιαννακόπουλος Ανέστης (2024). ΠΕΤΟΣΦΑΙΡΙΣΗ-ΤΕΧΝΙΚΗ, ΤΑΚΤΙΚΗ ΚΑΙ ΠΡΟΠΟΝΗΤΙΚΗ, ΕΚΔΟΣΕΙΣ ΚΩΝΣΤΑΝΤΑΡΑΣ ISBN 133036240
3. Marco Raolini Μετάφραση Αιμίλιος Γολέμης (2015). ΕΤΗΣΙΟΣ ΠΡΟΓΡΑΜΜΑΤΙΣΜΟΣ ΠΡΟΠΟΝΗΣΗΣ ΒΟΛΕΪ ΣΤΙΣ ΗΛΙΚΙΕΣ ΚΑΤΩ ΤΩΝ 14, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 50658782.
4. Jimlams (1995). Ανταγωνιστικές ασκήσεις, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 1315

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	Anestis Giannakopoulos
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<b>Supervisors: (1)</b>	YES
<b>Evaluation methods: (2)</b>	Homework (35%). Written remote examination (65%)
<b>Implementation Instructions: (3)</b>	Homework must be submitted via eclass on a specified date.

