

**Subject card**

<b>Subject name and code</b>	Introduction to Team Sports: Volleyball, PG_00194532						
<b>Field of study</b>	Sport Management						
<b>Date of commencement of studies</b>	October 2026		<b>Academic year of realisation of subject</b>			2026/2027	
<b>Education level</b>	Bachelor's studies		<b>Subject group</b>			Optional subject group	
<b>Mode of study</b>	full-time studies		<b>Mode of delivery</b>			at the university	
<b>Year of study</b>	1		<b>Language of instruction</b>			Polish	
<b>Semester of study</b>	1		<b>ECTS credits</b>			2.0	
<b>Learning profile</b>	academic		<b>Assessment form</b>			credit	
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	Subject supervisor		dr Sabina Nowak				
	Teachers						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		1.0		19.0	50
<b>Subject objectives</b>	The aim of the course is to familiarize students with issues related to team sports focused on volleyball and its variants (including beach volleyball, sitting volleyball, and snow volleyball) . The theoretical foundations of the discipline will be discussed, along with its history and social conditions, which can be used in various areas of sports clubs, sports academies, and other types of sports-related business activities. Practical exercises are designed to familiarize students with the technical elements of various types of volleyball, thereby increasing their self-awareness in the area of physical culture and caring for balanced psychophysical development.						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>		<b>Method of verification</b>		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Is able to cooperate and work in a volleyball team, taking on various roles depending on the needs of the team and the training and match situations, takes responsibility for the tasks assigned to him/her, supports other team members in developing their skills, and strives to achieve a common goal.		[SU2] presentation/project/paper/report [SU5] implementation of a problem task [SU8] observation of student's independent or team work		
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Develops awareness of the achievements and traditions of professions related to sports management and marketing; demonstrates a willingness to continuously learn about professional ethics and industry standards.		[SK8] observation of student's independent or team work		

Subject contents	<ol style="list-style-type: none"> <li>1. Volleyball: historical overview and cultural context.</li> <li>2. Volleyball rules.</li> <li>3. Organizational structure of organized volleyball competitions.</li> <li>4. Variations of volleyball: beach volleyball, sitting volleyball, teqvolly, snow volleyball.</li> <li>5. Basics of special techniques.</li> <li>6. Individual actions in volleyball.</li> <li>7. Team actions in volleyball.</li> <li>8. Observation of volleyball competitions.</li> <li>9. Basic rules of refereeing and teaching.</li> <li>10. Organization of sports competitions.</li> </ol>								
Prerequisites and co-requisites									
Assessment methods and criteria	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Subject passing criteria</th> <th style="width: 25%;">Passing threshold</th> <th style="width: 25%;">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td>presentation</td> <td>51.0%</td> <td>100.0%</td> </tr> </tbody> </table>	Subject passing criteria	Passing threshold	Percentage of the final grade	presentation	51.0%	100.0%		
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Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. Grządziel G., Szade D., Nowak B. Piłka siatkowa AWF Katowice 2012</li> <li>2. Superlak E. Piłka siatkowa, techniczno taktyczne przygotowanie do gry Wrocław 1995</li> </ol>							
	Supplementary literature	<ol style="list-style-type: none"> <li>1. Program szkolenia siatkarza Akademia Polskiej Siatkówki Warszawa 2012</li> </ol>							
	eResources addresses								
Example issues/ example questions/ tasks being completed									
Work placement	Not applicable								

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