

**Subject card**

Subject name and code	Introduction to Team Sports: Volleyball, PG_00194533						
Field of study	Sport Management						
Date of commencement of studies	October 2026	Academic year of realisation of subject			2026/2027		
Education level	Bachelor's studies	Subject group			Optional subject group		
Mode of study	full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	2	ECTS credits			2.0		
Learning profile	academic	Assessment form			credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor	dr Sabina Nowak					
	Teachers						
Lesson types	Lesson type	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						
Learning activity and number of study hours	Learning activity	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
Subject objectives	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.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[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, teqvoly, 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	Subject passing criteria	Passing threshold	Percentage of the final grade
	presentation	51.0%	100.0%
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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