



Course Unit: 956309 - Propaedeutic and Methodology of Physical Activity and Sport I - Volleyball

Year 1 Semester 1 ISCED Code: 1014 ECTS: 2,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Luís Manuel da Cruz Murta

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
62,5	10	35							17,5

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

- Knowing the learning structural process of volleyball;
- Knowing the terminology and lexicon specific to volleyball;
- Knowing the various behaviour patterns, both individual and collective, specific to volleyball;
- Knowing how to apply the various behaviour patterns, individual and collective, specific to Volleyball, in a situation of exercise and game, according to the effective execution profile
- Knowing the variants of collective organization of the game;
- Knowing the regulations and regulatory aspects specific to volleyball;
- Understanding the learning processes and methodological progressions specific to volleyball.

CONTENTS

- 1 - The Functional Structure of the Volleyball game;
 - 1.1 - Internal Structure of the Volleyball game;
 - 1.2 - External Structure of the Volleyball game;
- 2 - Learning Processes and Methodological Progressions in volleyball:
 - 2.1 - Learning the technical gestures through recreational activity;
 - 2.2 - The reduced forms of playing;
 - 2 x 2
 - 3 x 3
 - 4 x 4
 - 2.3 - The formal game
- 3 - The Individual game Behaviors (Technical Gestures): 3.1-Basis fundamental position;
 - 3.2 - Displacement;
 - 3.3 - Pass in support;
 - 3.4 - The headline;

- 3.5 - The Service;
- 3.6 - The shot;
- 3.7 - Block;
- 3.8 -Actions defensive action;
- 4 - Tactical Components in the Game of Volleyball
- 4.1 - Systems of collective organization of the game (team composition):
 - 6:0;
 - 4:2;
 - 4:2 with penetration;
 - 5:1.
- 4.2- The combinations (systems) Reception and Defence;
- 5. Beach Volleyball
 - 5.1 - Characterization of Beach Volleyball ;
 - 5.2 - Technical Skills ;
 - 5.3 - Basic tactical organization of the game

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The Propaedeutic and Methodology of AFD I - Volleyball is a curricular unit of theoretical and practical nature through which it aims to promote the learning of the fundamentals of volleyball game, getting the student to know its functional structure, lexical terminology regulations, individual and collective behaviour and the main process of learning and teaching and learning the game methodologies.

TEACHING METHODOLOGIES

Theoretical exposition of contents through didactic audiovisual media. Performing practical situations of exercise, played forms and game

Performing individual and small group situations of ad hoc, directed and supervised intervention. Performing situations of observation and analysis of the motor/sport behaviour.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research.

The presentation practice by the students to the group-class of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent

EVALUATION METHODS

The assessment in this curricular unit has the following strands: normal season – practical assessment – 50% (continuous – performed during the practical component of the sessions); Final (Video recording of the final performance in situations of exercise and play – analysis of the evolution confronted with the diagnosis assessment); Written test and observation and analysis of technical skills (groups of 3 to 4 students). In the appeal season the students have the possibility to perform a practical examination and an appeal examination.

MAIN BIBLIOGRAPHY

- AMERICAN VOLLEYBALL COACHES ASSOCIATION (2012). The Volleyball drill book. NY Human Kinetics
- CAÑAVATE, P. (2015). Sesiones de Voleibol desde el Juego Modificado. Editorial Pila Teleña ISBN: 978-84-615-7217-5
- FÉDÉRATION INTERNATIONALE DE VOLLEYBALL (2011). Beach Volleyball Drill-book. Lousanne, FIVB.
- PALAO, J. & HERNÁNDEZ, E. (2007) Manual para la Iniciación Al Voleibol. Murcia: Diego Martin Librero-Editor

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