LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	20G	Accredited until	2014	06	30	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Coaching Science of Selected Sport IV (Volleyball)

Prerequisites

To comply with the requirements of accession to the LSU, it's fourth modul of 5 kr.

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Be able to use theoretical knowledge and skills of the training of athletes in to the practice	Formal lecture, One-to-one tutorials	Reporting for practice work
2	Will be able to develop and train the selected sports skills.	Library / information retrieval tasks, Literature analysis, Practical exercises (tasks)	Reporting for practice work
3	Be able to properly apply modern educational (learning) technologies and training (learning) methods, for preparing to pupils interesting and attractive training (learning) materials.	Exercise classes, Literature analysis	Problem-solving task, Project report
4	Will help to organize and run volleyball competitions.	Literature analysis, Practical exercises (tasks)	Case analysis (study), Reflection on action
5	Accumulation of the personal portfolio: the pedagogical skill formation, participation and judging of the competition, other volunteering in SLO and LSU	Simulation of real-life (world) situations	Reflection on action
6	Will be able to show knowledge of the topics taught in module		Examination

Main aim

Teach students to use the volleyball of theoretical knowledge and practical skills in coaching various age and gender, athletes, volleyball exercises to use as a natural power of education, health, re

Summary

The history of volleyball. Rules of the game. Practice of the volleyball (lesson, training), organizationally and practically aspects, methods and instrumentality in the volleyball practice. The possibility to use volleyball for conditioning in different kinds of sport. The volleyball technique and teaching. The basic of tactics. Competition in volleyball-organizational and participation aspects. Different kind of volleyball training. Long term volleyball training. Different kind of volleyball (beach volleyball, volleyball for disabled, park volleyball). Student?s science activity. Safety in volleyball practice. Selection in volleyball. Statistical analysis & scouting in volleyball

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
12.	The age peculiarities of young volleyball players	

№.	Sections and themes	Responsible lecturer
14.	Safety of volleyball practice	
16.	Organization of the scientific research	
17.	coaching patterns and principles in volleyball	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Stonkus, S., Zuoza, A.K., Jankus, V., Pacenka, R. (2002) Žaidimai: teorija ir didaktika. Krepšinis. Tinklinis: vadovėlis. Kaunas: LKKA		1	No	
2.	Light, R. (2013) Game sense: pedagogy for performance, participation and enjoyment. N. Y.: Routledge			No	
3.	Nash, Ch. (2015) Practical sports coaching. N. Y.: Routledge			No	
4.	Armour, K. and Macdonald, D. (2012). Research methods in physical education and youth sport. N. Y.: Routledge			No	
5.	Coaches manual. (2011) FIVB		1	No	
6.	Coaches Manual. Level II. (2017) FIVB		1	No	
7.	Rookie coaches volleyball guide (1995). American sport education program. Champaign, ILL.: Human kinetics.		1	No	
8.	Basic Concepts of Long Term Talent Development (2012). FIVB			No	
9.	Mini-Volleyball Handbook (2015). FIVB			No	
10.	Zuoza, A.; Buliuolis, A.; Zuozienė, I.J. (2016). Sporto renginių organizavimas ir vykdymas mokyklose : studijų knyga. Kaunas : Lietuvos sporto universitetas		10	No	
11.	Zuoza A.K. ir kt. (2020) Tinklinis. Mokykimės teisėjauti : studijų knyga. 6-as patais. ir papild. leid. Kaunas : Lietuvos sporto universitetas		17	No	
12.	Kidman, L. and Hanrahan, S.J. (2011) The coaching process: a practical guide to becoming an effective sports coach (3rd ed.). N. Y.: Routledge			No	
13.	Gold Medal Volleyball: fourth edition(1993). Concord: The Sports Group Inc.			No	
14.	Kessel, J. (2009) Minivolley Volleyball 4 Youth. USA Volleyball			No	
15.	Araújo, V. (2011) Organisation Of Competitions & Events For National Federations Of Categories I And II. FIVB			No	

Additional literature

№.	Title
1.	Malá, L., Malý, T., Zahálka, F., Bunc, V. (2014). Fitness Assessment. Body Composition. Prague: Karolinum Press

№.	Title
2.	Sports injuries: how to prevent, diagnose and treat-Volleyball (2005). C.Beeson. Broomall: Mason Crest Publishers Inc.
3.	Sporto terminų žodynas. T1 /Par. S.Stonkus.?K.: LKKI,1996 ?680 p.
4.	Top Volley Technical Booklet (2011)
5.	Miškinis K. (1998).Trenerio etika. K.: Šviesa.
6.	Miškinis K. (1988) Trenerio pedagoginio meistriškumo pagrindai.K.: Šviesa.
7.	Kristy N. McLean & Clifford J. Mallett (2012) What motivates the motivators?An examination of sports coaches, Physical Education and Sport Pedagogy
8.	Walter T. S. (2013) A Kantian Theory of Sport, Journal ofthe Philosophy of Sport, 40:1, 107-133
9.	Scott K., (2013). A phenomenology of competition. Journal of the Philosophy of Sport
10.	Houlihan B. & Zheng J. (2013) The Olympics and Elite Sport Policy:Where Will It All End?. The International Journal of the History of Sport, 30:4, 338-355
11.	MacMahon, C., Mascarenhas, D., Plessner, H., Pizzera, A., Oudejans, R.R.D. and Raab, M. (2015) Sports ofcials and ofciating: science and practice. N. Y.: Routledge
12.	Gamble, P. (2013) Strength and conditioning for team sports: sport-specifc physical preparation for high performance (2nd ed). N. Y.: Routledge
13.	Glazyrin I.D., Artemenko B.A. (2013) Contact psychophysiological and neural functions with technical and tactical readiness volleyball. Pedagogics, psychology,medical-biological problemsof physical training and sports. vol.6 p. 25-29
14.	Baker, J., Schorer, J. and Cobley, S. (2016.) Talent identification and development in sport: international perspectives. N. Y.: Routledge
15.	Papgeorgegiou, A. Spitzley, W. (2003) Hanbook for Competitive Volleyball. Oxford: Meyer and Meyer
16.	Papgeorgegiou, A. Spitzley, W. (2002) Volleyball - A Handbook for Coaches and Players. Oxford: Meyer and Meyer
17.	Culley, P. & Pascoe, J.(2009) Sports facilities and technologies. N. Y.: Routledge
18.	Nelson. L., Potrac. P., Groom, R. (2015). Research methods in sports coaching. N. Y.: Routledge

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		85

Subdivision

Entitlement	Code
a	2005

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	9	7	14	100	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
12.	2	1	4	16.	2	2	0
14.	1	1	2	17.	4	2	9
				Total:	9	6	15

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Accounting for practice sessions	12,14,16,17	40	30	*											0			0		
Individual Homework	12,14,16,17	30	20		*				0		0				0			0		
Exam	12,14,16,17	30	50	*																0
Total:	-	100	100																	

Study module teaching form №. 2

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	N	9	7	14	100	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
12.	2	1	4	16.	2	2	0
14.	1	1	2	17.	4	2	9
				Total:	9	6	15

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)																	
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Accounting for practice sessions	12,14,16,17	40	30	*											0			0		
Individual Homework	12,14,16,17	30	20		*													0		
Exam	12,14,16,17	30	50																	0
Total:	-	100	100																	