



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	967	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

Entitlement

Coaching Science of Selected Sport III (Volleyball)

Prerequisites

Must be finishing modules of CSOSS I (volleyball) and CSOSS II (volleyball)

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to develop and train the selected sports skills.	Library / information retrieval tasks, Literature analysis, Practical exercises (tasks)	Reporting for practice work
2	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
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	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
5	Will help to organize and run volleyball competitions.	Literature analysis, Practical exercises (tasks)	Case analysis (study), Reflection on action
6	Will be able to demonstrate 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, to use volleyball exercises as a natural power of education, health, recreation; provide knowledge of scientific, research work in sports field.

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
9.	Volleybal tactics. Improving of volleyball skills	

№.	Sections and themes	Responsible lecturer
10.	Volleyball training didactics	
11.	Structure of practice, types of activities	
12.	Age characteristics of young volleyball players	

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		2	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		1	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		1	No	
9.	Mini-Volleyball Handbook (2015). FIVB		1	No	
10.	Zuoza, A.; Buliuolis, A.; Zuozienė, I.J. (2016). Sporto renginių organizavimas ir vykdymas mokyklose : studijų knyga. Kaunas : Lietuvos sporto universitetas		17	No	
11.	Zuoza A.K. ir kt. (2020) Tinklinis. Mokykimės teisėjauti : studijų knyga. 6-as patais. ir papild. leid. Kaunas : Lietuvos sporto universitetas		10	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		1	No	
13.	Gold Medal Volleyball: fourth edition(1993). Concord: The Sports Group Inc.		1	No	
14.	Kessel, J. (2009) Minivolley Volleyball 4 Youth. USA Volleyball		1	No	
15.	Araújo, V. (2011) Organisation Of Competitions & Events For National Federations Of Categories I And II. FIVB		1	No	
16.	1005 Spiele und Übungsformen im Volleyball / Autoren kollektiv.		1	No	
17.	Nicholls K. (1980). Modern volleyball. London: Lepus books.		1	No	
18.	Neville W.J. (1990). Coaching volleyball successfully. Champaign, ILL.: Leisure press.		1	No	
19.	Viera B. L., Ferguson B. J.(1989). Volleybal: steps to succes.Champaign, ILL.: Leisure press		1	No	

№.	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		
20.	Zuoza A. (1989) Jaunujų tinklininkų techninio rengimo ypatumai. Vilnius			No	

Additional literature

№.	Title
1.	Malá, L., Malý, T., Zahálka, F., Bunc, V. (2014). Fitness Assessment. Body Composition. Prague: Karolinum Press
2.	Sports injuries: how to prevent, diagnose and treat-Volleyball (2005). C.Beeson. Broomall: Mason Crest Publishers Inc.
3.	Sporto terminų žodynas. T1. (1996).Par. S.Stonkus. K.: LKKI,
4.	Top Volley Technical Booklet (2011)
5.	Miškinis K. (1988) Trenerio pedagoginio meistriškumo pagrindai.K.: Šviesa.
6.	Miškinis K. Trenerio pedagoginio meistriškumo pagrindai.?K.: Šviesa, 1988.?159 p.
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.	Glazyrin I.D., Artemenko B.A. (2013) Contact psychophysiological and neural functions with technical and tactical readiness volleyball. Pedagogics, psychology,medical-biological problems of physical training and sports. vol.6 p. 25-29
12.	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
13.	Gamble, P. (2013) Strength and conditioning for team sports: sport-specific physical preparation for high performance (2nd ed). N. Y.: Routledge
14.	Baker, J., Schorer, J. and Cobley, S. (2016.) Talent identification and development in sport: international perspectives. N. Y.: Routledge
15.	Papageorgegiou, A. Spitzley, W. (2003) Hanbook for Competitive Volleyball. Oxford: Meyer and Meyer
16.	Papageorgegiou, A. Spitzley, W. (2002) Volleyball - A Handbook for Coaches and Players. Oxford: Meyer and Meyer
17.	Kessel, J. (2009) Minivolley Volleyball 4 Youth. USA Volleyball
18.	Gold Medal Volleyball: fourth edition(1993). Concord: The Sports Group Inc.
19.	Culley, P. & Pascoe, J.(2009) Sports facilities and technologies. N. Y.: Routledge
20.	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
Department of Coaching Science	2005

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	9	2	14	105	130	5

Languages of instruction:

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