

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	S 273 B 28X Accredit		Accredited		Re	Renewal date					
Module Code	Branc	h of Science	Progr.	Registr. №.	until							
Entitlement												
Beach volleyball												
Prerequisites												
Informacija ruoši	ama					 						
Main aim												

The aim is to teach students the basics and specifics of beach volleyball. To teach how to use the theoretical knowledge and practical skills of beach volleyball to train athletes and individuals of all ages and genders for recreational purposes: to use beach volleyball exercises as a tool for physical strength development and health promotion.

Provided knowledge and abilities

Students will learn about beach volleyball rules, equipment and competition systems. They will gain practical skills to train athletes of all ages. Students will be able to apply their knowledge in training individuals for recreational purposes.

Summary

The history of beach volleyball. Rules. Beach volleyball practice (lesson, training), organization, methods and tools. Use of beach volleyball to improve physical fitness in various sports. Beach volleyball technique and training methodology. Fundamentals of beach volleyball tactics. Competitions, their organization and participation. Types of beach volleyball sports training, training of beach volleyball players. Types of beach volleyball (disabled beach volleyball, snow volleyball, park volleyball). Safety of training process. Selection.

Level of module

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

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	The history of the sport of beach volleyball.	
2.	Competition format, rules and judging methodology.	
3.	Game technique and tactics.	
4.	General physical training, paraprofessional training (individual), practical skills assessment, beach volleyball practice.	

Teaching/learning methods:

Paskaita, praktinės pratybos, seminaras

Evaluation procedure of knowledge and abilities:

References

№.		Title	Sports	n Lithuanian University orary	In Lithuanian Sports	Number of ex. in the methodical		
			Pressmark	Number of exemplars	bookstore	cabinet of the depart.		
	1.	Volleyball: Steps to Success. Bonnie Kenny and Cindy Gregory			No			
	2.	Systematic review on sports performance in beach volleyball from match analysis November 2014. Revista Brasileira de Cineantropometria e Desempenho Humano 16(6):698-708			No			

№.			Title			Edition Spor	rts li	Uni orai N	ve y un	rsi nbe		· ·	In Lithuanian Sports University bookstore				n	ex. neth cabi	iber of in the lodical net of lepart.	
3.	Coaching for Routledge.	or Sports	Performance	e. New	York:							1	No							
4.	Beach Voll Shewman.								1	No										
No.	Title	ure																		
1.			ts of sport tr										17.							
2. Coo	Bompa, T. rdinating lect		zzichelli, C.	A. Peri	odization	Training	; to	r Sp	001	ts.	Hu	ımar	1 K1	net	ics.					
	Position		I	Degree,	surname,	, name								Scl	hed	ule	No			
Sub	division																			
Subt	urvision			Er	titlement												T	C	ode	
			Depar	tment o	of Coachin	ng Scienc	e											2	005	
			Stu	ıdy mo	dule teac	hing for	m .	√ 2.	1											
						Stru	ıctı	ıre									l			
5	Semester	M	ode of studi	es	Theory	Semina			La	b]	nd.			otal ours		Credits			
L	A S		D		3	2	113	Works 25			+	ork	130				5			
Lang	guages of ins	truction:	ע		3				23)		100		1	30)	
Lith	uanian L	Engl	lish E	Russi	an R	Frenc	h	F		(Ger	mar	1	J		()th	er	Oth.	
Plan	of in-class h	ours	Academic	hours					T				Aca	dor	nio	hor	140			
№ .	of Themes	Theory	Seminars	_	Works	№. of T	her	nes	ŀ	Tł	neo				nars			b W	orks	
	1.	1	0		0	3.					0	,		0				10		
	2.	2	2		0	4.		4.1	_		3		0					15 25		
Sche	edule of indiv	vidual wo	ork tasks and	d their i	L nfluence	on final g		tal le	<u> </u>		3			2				23)	
			№. of	Total	Influen	Ī			ee.	k o	f pı	esei					*) :	') aı	nd	
			syllabus	hours	grade	0/2	1 2	2 1	5	67	00	reporting (o) 19 10 11 12 13 14 15 16 17-2							17.20	
Acco	unting for pr	actice	2.4	50	2.0		1 2	*	٦	0 /	0 >	10	11	12	13		13	10	17-20	
sessio	ons		3-4	50	30				Ш							0				
D-v-																			0	
Exam			1-4	30	50		+	*	H	+	H				Λ					
	n presentation	Total:	1-4 1-2 -	20 100	50 20 10)		*		1					0					
		Total:	1-2	20 100	20 10	0		*		† 5					0		_			
		Total:	1-2	20 100	20	hing for		* Vo.		2]					0					
Oral 1			1-2	20 100 1dy mo	20 100 dule teac	hing for	ıctı	* Vo.				nd.	☐ — 		otal			Cre	edits	
Oral	presentation Semester		1-2 - Stu	20 100 1dy mo	20 100 dule teac Theory	hing for Stru	ıctı	* Ire			v	ork		hc	otal					
Oral J	Semester S	М	1-2 - Stu	20 100 1dy mo	20 100 dule teac	hing for	ıctı	* Ire		b	v			hc	otal				edits	
Oral J	Semester Suages of ins	M truction:	1-2 Stu ode of studi	20 100 10y mo	dule teac Theory	hing form Stru Semina	ırs	* Ire		b ks	V	vork 130		hc	otal	5				
Oral A Lang Lith	Semester S	M truction: Engi	1-2 Stu ode of studi	20 100 1dy mo	dule teac Theory	hing for Stru	ırs	* Ire		b ks	V	ork		hc	otal	5	Oth		5	
Oral J	Semester Suages of institution	M truction: Engi	1-2 Stu ode of studi	20 100 1dy mo	dule teac Theory	hing form Stru Semina	ictu irs	* We. W	Lal You	b ·ks	V	vork 130 mar	n C	ho	otal	hou	Oth	er	5	

No of Thomas		Academic h	ours	No of Thomas	Academic hours								
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Lab Works							
2.	2	2	0	4.	0	0	15						
				Total:	3	2	25						

Schedule of individual work tasks and their influence on final grade

	№. of	Total				V	Ve	ek	0	f pı	ese rep	ntm ort				k (*	() a	nd
	syllabus	hours	grade, %	1	2	3	45	6	7	89	10	11	12	13	14	15	16	17-20
Exam	1-4	30	50	*														0
Oral presentation	1-2	20	20			*									0			
Accounting for practice sessions	3-4	50	30				*								0			
Total:	-	100	100															