



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| | | | | | | | | | | | |
|-------------|-------------------|-----|--------|-------------|------------------|--|--|--|--------------|--|--|
| Module Code | S | 273 | B | 28X | Accredited until | | | | Renewal date | | |
| | Branch of Science | | Progr. | Registr. №. | | | | | | | |

Entitlement

Beach volleyball

Prerequisites

Informacija ruošiamą

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 | |
| 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 | 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. | 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 in Lithuanian Sports University library | | In Lithuanian Sports University bookstore | Number of ex. in the methodical cabinet of the depart. |
|----|--|---|---------------------|---|--|
| | | Pressmark | Number of exemplars | | |
| 3. | Coaching for Sports Performance. New York: Routledge. | | | No | |
| 4. | Beach Volleyball. Karch Kiraly, Byron Shewman. Human kinetics. | | | No | |

Additional literature

| №. | Title |
|----|---|
| 1. | Physiological aspects of sport training and performance. J. Hoffman (red.). |
| 2. | Bompa, T. O. Ir Buzzichelli, C. A. Periodization Training for Sports. Human Kinetics. |

Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|----------|-----------------------|-------------|
| | | |

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 | 3 | 2 | 25 | 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 |
| 1. | 1 | 0 | 0 | 3. | 0 | 0 | 10 |
| 2. | 2 | 2 | 0 | 4. | 0 | 0 | 15 |
| | | | | Total: | 3 | 2 | 25 |

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 | 3-4 | 50 | 30 | | | * | | | | | | | | | | 0 | | | | |
| Exam | 1-4 | 30 | 50 | | | * | | | | | | | | | | | | | 0 | |
| Oral presentation | 1-2 | 20 | 20 | | | * | | | | | | | | 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 | 0 | 0 | 0 | 130 | 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 |
| 1. | 1 | 0 | 0 | 3. | 0 | 0 | 10 |

