

Subject card

Subject name and code	Propaedeutics of Team Sports Games - Volleyball, PG_00156131						
Field of study	Sport Management						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	2		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		mgr Hanna Wesołowska-Szprada				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		20.0	50
Subject objectives	The aim of the course is to introduce students to issues related to Team Sports Games focused on volleyball and its variations (e.g. beach volleyball, sitting volleyball, snow volleyball) . The theoretical foundations of the discipline will be discussed along with the historical background and social conditions, which can be used in various areas of sports clubs, sports academies and other sports-related business activities. Practical exercises are designed to familiarise students with the technical elements in different varieties of volleyball, thus increasing their self-awareness in the area of physical culture and taking care of a balanced psycho-physical development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[ZSSML3_K06] The student is ready to work in, co-create or manage a group. The student is able to think and act in an entrepreneurial manner.	Cooperates in a team using the ethics of 'fair play'.	[SK8] observation of student's independent or team work
	[ZSSML3_K07] The student is aware of the need to adapt his behavior and conduct to their role in the team.	Has a sense of responsibility for their own and others' health and safety.	[SK8] observation of student's independent or team work
	[ZSSML3_K02] The student is aware of the need to supplement and expand the acquired knowledge and skills and strives to combine knowledge from different fields and disciplines of science interdisciplinarily.	Has an awareness of how to promote the social and cultural importance of sport and physical activity.	[SK6] demonstration of practical skills
	[ZSSML3_W14] The student has a structured, detailed knowledge of the operation of companies and other entities in the sports market.	Has a basic knowledge of a selected team sports game and its variations.	[SW2] presentation/project/paper/report
	[ZSSML3_U10] The student can prepare written works and multimedia presentations on specific issues in the field of management and quality studies, present them and lead discussions in Polish and foreign languages.	Can use knowledge to demonstrate the technique of a movement task in a given team sports game.	[SU2] presentation/project/paper/report
	[ZSSML3_U07] The student is able to find the necessary information to make rational decisions of an operational and strategic in enterprises operating in the sports market and in other sports entities.	Is able to plan and organise sporting events.	[SU2] presentation/project/paper/report
Subject contents	1 Volleyball - historical overview and cultural background.2. Volleyball rules.3. Organisational structure of organised volleyball games. 4. Variants of volleyball: beach volleyball, sitting volleyball, teqvoly, snow volleyball.5. Basics of special technique. 6. Individual actions in volleyball.7. Team activities in volleyball.8. Observation of sports competitions in volleyball.9. Basic principles of refereeing - pedagogy.10. Organisation of sports competitions.		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	written test	51.0%	50.0%
	presentation	51.0%	50.0%
Recommended reading	Basic literature	1. Grządziel G., Szade D., Nowak B. Piłka siatkowa AWF Katowice 2012 2. Superlak E. Piłka siatkowa, techniczno taktyczne przygotowanie do gry Wrocław 1995	
	Supplementary literature	1. Program szkolenia siatkarza Akademia Polskiej Siatkówki Warszawa 2012	
	eResources addresses		
	Example issues/ example questions/ tasks being completed		
Work placement	Not applicable		

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