



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Volleyball							
Course Code		SYB153		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	101 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To prepare a special training plan in accordance with the principles of planning and periodization in volleyball.							
Course Content		Training principles and terminology, training planning, strength, speed and endurance training in volleyball, interval, intensive interval and extensive interval training methods, plyometric method, loading methods, physical measurement methods, performance analysis methods.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Joel Dearing (2003) Volleyball Fundamentals, Human Kinetics
2	Hebert, Mike (2013) Thinking Volleyball, Human Kinetics
3	Ismail Harmandar (2003) Tactics in volleyball, Nobel Publications
4	Hikmet Aracı (2006) Volleyball, Seçkin Publishing House
5	USA Volleyball (2009) Volleyball Systems and Strategies, Human Kinetics
6	Donald Shondell, Cecile Reynaud (2002) The Volleyball Coaching Bible, Human Kinetics

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of volleyball, development stages of volleyball in the world and Turkey
2	Theoretical	Basic characteristics of volleyball conditioning, warming and stretching
3	Practice	Basic finger pass types and techniques study
4	Practice	Basic bump pass types and techniques
5	Practice	Basic service types and techniques study
6	Practice	Basic types of spike and techniques
7	Practice	Repetition of basic techniques and applications
8	Intermediate Exam	Midterm
9	Practice	Basic defense arrangements and techniques
10	Practice	Basic block types and applications
11	Theoretical	Talent selection in volleyball, player evaluations by region
12	Theoretical	Volleyball training planning
13	Practice	Falling techniques in volleyball, defense and coverage techniques
14	Practice	Repetition of all basic techniques and competition
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	7	2	1	21
Lecture - Practice	12	1	3	48
Individual Work	14	1	1	28
Midterm Examination	1	1	1	2



Final Examination	1	1	1	2
Total Workload (Hours)				101
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Knows and explains which country the volleyball game belongs to
2	Know the field measurements, ball, net and antenna measurements played by the volleyball game
3	Knows and explains referee's decisions and rules of volleyball play
4	Knows and explains the technical and tactical methods used during the volleyball competition
5	Know how to teach basic techniques to sportsmen in volleyball game

Programme Outcomes (Sports Management)

1	1. To be able to explain the elements of management and organization and to apply the functions of management in sports organizations
2	2. To be able to understand the interdisciplinary and the multidisciplinary nature of the field of sport management.
3	3. To be able to comprehend the knowledge, skills and values related to the management of the general business areas in addition to sports industry at the top-level.
4	4. To be able to define and explain internal and external factors that shape and influence the sports in our country and the World.
5	5. To be able to comprehend and interpret the technical strategies and the managerial skills of the branch of sports chosen.
6	The skill of creating, applying and interpreting the plans of project and program
7	7. To be able to develop strategies financially for the sports organizations, to evaluate the budgets, the sources of income and the expenses
8	8. To be able to comprehend and interpret how the ethical principles influence the process of financial, marketing and administrative decision-making at the sports organizations
9	9. To be able to know the basic principles and methods of the sports marketing at the national and international level
10	10. To be able to understand the qualitative and quantitative analysis and be able to use them effectively

