



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282073 **Name:** Volleyball

Credits: 4,50 **ECTS Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Collective Sports **Type:** Elective

Field of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

OP34

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Anthropology.	12,00	Anthropology	6,00	3/1
		Science, Reason and Faith	6,00	3/2
Collective Sports	22,50	Basketball	4,50	3, 4/2
		Football	4,50	3, 4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 25/26
		Volleyball	4,50	4/2
Adversary Sports	18,00	Fencing	4,50	This elective is not offered in the academic year 25/26
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



Sports in the Natural Environment	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Individual sports	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 25/26
		Gymnastics	4,50	This elective is not offered in the academic year 25/26
		Swimming	4,50	This elective is not offered in the academic year 25/26
		Triathlon	4,50	3, 4/2
Direction and Management of Gyms and Sports Centers	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 25/26
Idiom	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Sports facilities	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 25/26
Research Methods and Techniques	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	3, 4/2
Nutrition	4,50	Nutrition	4,50	3, 4/2



Professional Itinerary Electives	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Educational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50	This elective is not offered in the academic year 25/26



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Describe and identify the internal and external logic of volleyball.
- R2 Describe and prioritize practically the elements that constitute each of the structures (coordination, cognitive, conditional, socio-affective, and emotive-volitional) of volleyball in different ages and contexts.
- R3 Scientifically justify content related to volleyball.
- R4 Design and implement tasks, sessions, and programs for developing various capacities and skills specific to volleyball in different ages and contexts .
- R5 Apply assessment procedures and instruments to determine the level of acquisition of sports skills at different ages, oriented toward health and contexts (educational, recreational, competitive, and therapeutic).

Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

Weighting				
1	2	3	4	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R3, R4, R5	40,00%	Individual or Group Work / Project.
R1, R2, R4	20,00%	Oral tests or presentation.

Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
- According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 80% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the dates of the official convocation. This instrument is divided into two parts:

Theoretical-practical exam of 20 multiple-choice questions, 3 options, each 2 wrong subtracts 1 correct (20%). Development questions, 4, each one counts 0.5 (20%).

Individual/group work/project

Realization of an audio-visual, on defensive and offensive tactics of a team.

Oral tests or exposition

The student will choose one of these two theoretical/practical expositions:

Exhibition on the improvement of a technical gesture. Presentation on a tactical situation of the game.

The detailed explanation (procedure of the tasks) as well as the evaluation tools (cards or rubrics) of each section will be published on the platform of each group at the disposal of the



student.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M5, M6	R1, R3, R4, R5	11,80	0,47
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M2, M5, M6, M7	R1, R2, R3, R4, R5	27,20	1,09
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2	R1, R2, R3, R4, R5	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M2	R3, R4	2,00	0,08
TOTAL		45,00	1,80



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M7	R1, R2, R3, R4, R5	20,50	0,82
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2, M7	R1, R2, R3, R4, R5	47,00	1,88
TOTAL		67,50	2,70

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1	History and regulation of volleyball
BLOCK 2	Structural analysis of volleyball
BLOCK 3	Didactics of teaching-training
BLOCK 4	Technical-tactical fundamentals of volleyball
BLOCK 5	Strategic situations in volleyball



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	5,00	10,00
BLOCK 2	10,00	20,00
BLOCK 3	8,00	16,00
BLOCK 4	5,00	10,00
BLOCK 5	2,00	4,00



References

- Blázquez, D. (1986). Iniciación a los deportes de equipo. Barcelona: Martínez Roca.
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- Espar, X. (1998). El concepto de táctica individual en los deportes colectivos. Apunts: Educación Física y Deportes, 51: 16-22.
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- Hahn (1988) Entrenamiento con niños. Barcelona: Martínez Roca.
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- Le Boulch, J. (1991) El deporte educativo. Psicocinética y aprendizaje motor. Buenos Aires: Paidós
- Mahlo, F. (1981). La acción táctica en el juego. La Habana: Pueblo y educación.
- Martin, D. (1982). Entrenamiento con niños. Teoría y práctica, problemas específicos. Barcelona. Martínez Roca.
- Riera, J (1990) Fundamentos del aprendizaje de la técnica y la táctica deportivas. Barcelona: Inde.
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- Sampedro, J. (1999). Fundamentos de la Táctica deportiva. Análisis de la estrategia de los deportes. Madrid: Gymnos.
- Sánchez Bañuelos, F. (1992). Bases para una didáctica de la educación física y el deporte. Madrid: Gymnos.
- Taelman, R. (1988) El entrenamiento del portero. Lérida: Aconos.