

Semester-V
BSc-PE-DSE-3 (4)-301(xii):VOLLEYBALL

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3 (4)-301(xii): VOLLEYBALL	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Volleyball in the court and will have a command on the basic and advanced rules and regulations of marking the court and conducting a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand the Prerequisites of preparation and training
4. Marking, constructing, and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, Indiana Motor Fitness Test, Philips JCR Test Skill Tests – AAHPERD, Russell-Lange, Brady's Volleyball Test
15. Evaluation of team performance- observes techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules, and their interpretations
- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match analysis- Evaluation of player's performance during matches, Video analysis of skills and techniques,
- 1.5 Assessment of Prospective Opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training
 - Theory of volleyball training process
 - General and specific warming up and cooling down (specific exercises for volleyball)
 - Principles of warming up and cooling down and their effects
- 2.2 Basic skills and techniques
 - o The serve – underhand, tennis, jump and serve overhead float
 - o Forearm passing
 - o Overhead Passing
 - o Spiking/attack
 - o Blocking
 - Preparation, pre-contact movement, contact
 - Teaching progression
 - Coaching points
 - Tactical application
 - Drills for skill development (any five)
- 2.3 The court defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead - games for beginners in volleyball, Teaching volleyball skill - preparing a lesson plan
- 2.4 Development of motor components with specific reference to volleyball, Specific training methods for different positions
- 2.5 Development of volleyball-specific fitness components

UNIT-III ORGANIZATION (7 HOURS)

- 3.1 Organization- Selection of a team and conduct of a camp,
- 3.2 Playfield technology - planning, construction, and maintenance of the Volleyball

court

3.3 Conduct of a tournament,

3.4 Short-term and long-term planning for the organization of a competition,

3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

4.1 Fitness tests - AAHPERD Youth Fitness Test, Indiana motor Fitness Test, Philips JCR Test

4.2 Skill Tests – AAHPERD, Russell-Lange, Brady's Volleyball Test

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts.

Practical Syllabus (60 HOURS)

1. Skills & its developing exercises (Drills)

2. Officiating in a Volleyball Match

3. Scoring in a Volleyball Match

4. Demonstration and practice of Tactical Pattern

5. Sport-specific skill tests

SUGGESTED READING

- The National Alliance for Youth. Sports (2009). Coaching Volleyball For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, USA.
- Bompa O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
- Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.