

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8KES/JSHVH/22*

**Course title:** *Sports games 2*

**Type, scope and method of educational activity:**

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,2 hour per week, 13,26 per semester*

Method of educational activity: *Attendance*

**Number of credits:** *4*

**Recommended semester:**

*2nd year ST*

*teacher training in physical education (TVJB)*

**Study grade:** *Bachelor*

**Conditions for passing the course:**

**Form of assessment:**

*Method of evaluation: exam*

**Continuous evaluation:**

*During the teaching part of the semester, the student will complete the following interim checks (can be optional):*

- Knowledge test from volleyball theory and rules,*
- Seminar thesis on given topic (volleyball),*
- Practical demonstrations of selected individual playing skills (volleyball),*
- Knowledge test from handball theory and rules,*
- Seminar thesis on given topic (handball),*
- Practical demonstrations of selected individual playing skills (handball).*

**Final evaluation:**

*A student, who achieve a minimum of 50 % of the interim checks by the end of the teaching part of the semester, can participate in the exam. In the exam period completes written form of the exam.*

*The final grade of the course is calculated as the average of the results of the interim checks and the final examination.*

*In compliance with the Study Regulations of the University of Presov:*

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)*
  - during the exam period, the student is entitled to one regular and two extra dates for taking the exam,*
  - the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*
- The student will receive credits for the course with a grade of A - E.*

**Learning outcomes:**

*Learning outcomes:*

*If successfully completed the course, the student will acquire the following:*

*Knowledge:*

- the student is able to explain the analysis of the content of the game and the basic terminology in sports games,
- the student is able to describe and explain the technique of individual playing skills, game combinations and game systems (volleyball and handball),
- the student knows the player functions and their tasks,
- the student is able to design and organize a simple competition in sports games (referees, timers, scorers, etc.),
- the student knows and can apply the basic rules of volleyball and handball.

#### *Skills:*

- student to demonstrate and correctly perform basic playing skills in volleyball and handball.

#### *Competences:*

- the student is able to apply the acquired knowledge about sports games in sports practice,
- the student is able to implement and technically correctly demonstrate the basic playing skills in volleyball and handball,
- the student is able to acquire new knowledge and actively expand their knowledge in the field of theory and didactics of sports games.

### **Course content:**

#### *Lectures:*

- Origin and development of sports games.
- Systematics of sports games.
- Game analysis.
- Game performance structure I.
- Game performance structure II.
- Teaching methods I.
- Teaching methods II.
- Didactic forms.
- Lesson.
- Specific didactic forms.
- Management and planning in sports games.
- Didactic phases.
- Evaluation in sports games.

#### *Seminars:*

- Introduction to volleyball.
- Learning and improving the overhead pass.
- Learning and improving the forearm pass.
- Learning and improving the underhand serve.
- Learning and improving the overhand serve.
- Learning and improving of attack hit.
- Learning and improving of selected offensive and defensive game combinations.
- Basic game systems.
- Forms of volleyball.
- Introduction to handball.
- Ball handling learning, practice and improving of basic passes.
- Learning and improving ball handling, preparatory exercises.
- Learning and improving of ground and jump shooting.
- Learning and improving basic offensive and defensive combinations, preparatory games.
- Defensive and offensive systems - demonstration, controlled game.

### **Recommended literature :**

#### *Recommended literature:*

- BUCHTEL, J. 2017. *Trénink dětí a mládeže ve volejbalu*. Praha: Karolinum. ISBN 978-80-246-3811-9
- PŘIDAL, V. a L. ZAPLETALOVÁ. 2016. *Športová príprava vo volejbale*. Bratislava: FTVŠ UK. ISBN 978-80-89075-55-3
- HANZELKA, R. 2006. *Průpravná a herní cvičení ve volejbalu*. Ústí nad Orlicí: Oftis. ISBN 80-86845-39-7, 120 s.
- VAVÁK, M. 2011. *Volejbal. Kondiční příprava*. Praha: Grada. ISBN 978-80-247-3821-5, 224 s.
- ŠIMONEK, J. 2006. *Volejbal. Rozvoj koordinačných schopností*. Bratislava: PEEM. ISBN 80-89197-43-4, 92 s.
- HANÍK, Z. a kol. 2008. *Volejbal viděno třemi*. Praha: Grada. ISBN 978-80-247-2744-8, 344 s.
- CÍSAŘ, V. 2005. *Volejbal*. Praha: Grada. ISBN 80-247-0502-8, 168 s.
- HANÍK, Z., M. LEHNERT a kol. 2004. *Volejbal 1. Herní dovednosti a kondice v tréninku mládeže*. Český volejbalový svaz.
- BUCHTEL, J. a kol. 2011. *Trénink volejbalu*. Praha: Karolinum. ISBN 978-80-246-1967-8, 256 s.
- PŘIDAL, V. – ZAPLETALOVÁ, L. 2010. *Volejbal. Herný výkon – tréning – riadenie*. Bratislava: PEEM. ISBN 978-80-8113-030-4, 181 s.
- BUCHTEL, J. a kol. 2006. *Teorie a didaktika volejbalu*. Praha: Karolinum. ISBN 80-246-1011-6, 194 s.
- ZAPLETALOVÁ, L. a kol. 2001. *Volejbal. Učebné texty pre školenia trénerov I. triedy*. Bratislava: PEEM. ISBN 80-88901-53-7, 172 s.
- PERÁČEK, P., 2004. *Teória a didaktika športových hier I*. Bratislava: UK, FTVŠ. ISBN 80-89197-00-0.
- MATOUŠEK, J., 1995. *Teorie a didaktika házené*. Brno: Masarykova univerzita v Brně, ISBN 80-210-1203-X.
- MIKUŠ, M., 2005. *Kondičná príprava v hádzanej špecifickými (hernými) tréningovými prostriedkami*. Prešov: Expres Print, ISBN 8096932721.
- MIKUŠ, M. et al., 2001. *Tréningové štandardy mládeže v hádzanej*. Bratislava: SZH, ISBN 80-968-400-4-5.
- MIKUŠ, M., V. LAFKO a M. GREGOR, 2001. *Príklady plánov tréningových jednotiek v športovom tréningu hádzanej*. Bratislava: SZH, ISBN: 8096840037.
- TUMA, M. a J. TKADLEC, 2002. *Házená*. Praha: Grada, ISBN 80-247-0219-3
- ZATKOVÁ, V. a J. HLANÍK, 2009. *Házaná. Základné herné činnosti*. Bratislava: UK Bratislava ISBN 978-80-223-2494-6.
- Časopisy:  
*Telesná výchova a šport*  
*Česká kinantropologie*

## Notes:

*Student's workload distribution: total workload = 120 hrs.*

- contact teaching and learning: 30 hrs.
- written preparation for the seminar thesis (volleyball): 5 hrs.
- written preparation for the seminar thesis (handball): 5 hrs.
- Preparation for practical demonstrations (volleyball): 15 hrs.
- Preparation for practical demonstrations (handball): 15 hrs.
- Self-study for the written exam: 50 hrs.

*Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.*

**Course evaluation:**

Total number of students evaluated: 229

A	B	C	D	E	FX
7%	23%	32%	13%	3%	22%

**Lecturers:**

*prof. PaedDr. Jaromír Sedláček, PhD., guarantor*

*Mgr. Terézia Kovalik Slančová, PhD., co-guarantor, examiner, seminary supervisor*

*Mgr. Adam Mazur, co-guarantor, examiner, seminary supervisor*

*Mgr. Ivan Matúš, PhD., univer. docent, co-guarantor, examiner, seminary supervisor*

*doc. PaedDr. Tomáš Perič, PhD., co-guarantor*

**Date of last change:** 01.09.2023

**Approved by:** *prof. PaedDr. Jaromír Sedláček, PhD.*