

COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	AP-195EP	SEMESTER	Winter and Spring
COURSE TITLE	DIDACTICS and TRAINING of BEACH VOLLEY		
TEACHING ACTIVITIES		TEACHING HOURS PER WEEK	ECTS
Lectures		2	6
Practical application		2	
COURSE TYPE	Elective		
PREREQUISITE COURSES:	AP-254Yp - PRINCIPLES OF TEACHING & COACHING OF VOLLEYBALL		
TEACHING AND EXAMS LANGUAGE:	Greek/ English		
OFFERED TO ERASMUS STUDENTS	Yes		
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED663/		

(2) LEARNING OUTCOMES

Learning outcomes
<p>The course aims to deepen the theoretical and practical knowledge in the basic principles of teaching and coaching of beach volleyball.</p> <p>Upon successful completion of the course, the student will be able to:</p> <ul style="list-style-type: none"> - understand the structure, the basic and specific skills of the sport, the ways of teaching basic technique, individual and team tactics - recognise the conditions of the game on the sand and various forms of play - understand the specificities and the importance of the environmental factors of sand sports for ensuring and promoting health - structure, select and apply the most appropriate training programmes for the preparation of athletes by age and gender - be familiar with the rules of the game and their application, and organise beach volleyball tournaments
General skills
<p style="text-align: center;">*****</p> <ul style="list-style-type: none"> - Search, analysis and synthesis of data and information, using the necessary technologies - Decision-making - Autonomous work - Teamwork - Adapting to new situations - Respect for the natural environment - Project planning and management - Demonstrate social, professional and ethical responsibility and sensitivity to gender issues

(3) COURSE CONTENT

Teaching units - Theoretical:

1. History-Organisation of the sport - Classification of netball games
2. Regulations- Differences with Indoor Volleyball, various forms of the game
3. Attack after a serve reception: Receiving and zones of responsibility
4. Attack after a serve reception: Setting skills and Setting trajectories
5. Attack-Spike - Drills
6. Types of defence – Defensive tactic
7. Types of block-drop-regular blocker
8. Counter-attack organisation: tactics defender-blocker. Areas of responsibility, Special situations
9. Serve - Serve types
10. Structure of the game, scoring patterns, and Scoring actions
11. Physical preparation
12. Tournament Organisation - Scheduling
13. Game and Observation

Teaching units – Practical application

1. Ball Control-Philosophy of the game
2. Ball control, Regulations
3. Receiving and zones of responsibility
4. Setting skills and Setting trajectories
5. Attack-Spike - Drills
6. Types of tactics defence - Defensive tactics
7. Types of block-drop-regular blocker
8. Counter-attack organisation in different situations
9. Serve to target. Types of Serve
10. Advanced Drills and Games I
11. Advanced Drills and Games II
12. Internal Tournament Organisation
13. Observation and Recording during an internal tournament

(4) TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHODS	Live, face to face	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	-Support the learning process through the e-class platform. - Use of ICT tools and applications for the visualisation of the results of the SPA, the observation and recording of sports games, in an integrated protocol analysis of technical movements (skills), the dissemination of the information of the course, the evaluation of the course, and the evaluation of the knowledge provided. Use of the teleconferencing platform https://uoa.webex.com/meet/sodrikos and online booking of time and place (office or telecall) appointments https://calendar.app.google/rK8eTh6k9ykzLEGq9	
TEACHING ORGANIZATION	Activity	Semester Load
	Lectures	13
	Practical application	26
	Preparation of assignments (asynchronous micro-activities-, 5 ASD after the 2 ^h , 4 ^h , 6 ^h , 8 ^h and 10 ^h lectures, with a time limit of one (1) week for submission)	50
	Independent study	50
	Written examination	5
	Individual communication with the teacher	6
	Course Total	150

STUDENT EVALUATION	<p>(a) Written exams in multiple-choice questions (50%)</p> <p>(b) Elaboration and evaluation of asynchronous micro-activities (30%). Commissioning and submission of asynchronous micro-activities exclusively through the e-class platform. Evaluation according to an evaluation rubric.</p> <p>(c) Sport skills test (30% of the final grade).</p>
---------------------------	--

(5) SUGGESTED REFERENCES

Suggested references:

Lecture notes

Homberg, S., & Papageorgiou, A. (1999). *The book of beach volleyball*. Athens: Athlotype Publications.
https://www.fivb.com/wp-content/uploads/2024/03/FIVB_Beachvolley_Drill-Book_EN.pdf