

**SPORT SCIENCE & MANAGEMENT
SS9105 VOLLEYBALL**

Pre-requisites	Nil
No of AUs	3
Contact Hours	39

Course Aims

Volleyball is one of the sport courses offered under the Sport Electives@SSM. This course aims to equip you with the knowledge and skills of Volleyball so that you are able to demonstrate the techniques of the game, and play the game.

Intended Learning Outcomes (ILO)

By the end of this course, you (as a student) would be able to:

1. Recall the rules of the game
2. Demonstrate the techniques of the game
3. Explain the concepts of the game
4. Demonstrate the skills of the game during gameplay
5. Employ the concepts of the game during gameplay
6. Apply the rules of the game during gameplay

Course Content

1. Rules of the game
2. Concepts of the game
3. Techniques and skills of the game

Assessment (includes both continuous and summative assessment)

Component	Course LO Tested	Related Programme LO or Graduate Attributes	Weight-ing	Team/ Individual	Assessment Rubrics
1. Theory Test	1 & 3	A1, C1	30%	Individual	N.A.
2. Technique Assessment	2	A1, A2	30%	Individual	Appendix 1

3. Gameplay Assessment	2, 4, 5 & 6	A1, C2, D2, E2	30%	Team	Appendix 2
4. Professional Qualities	1, 2, 3, 4, 5 & 6	D1, E1, E2	10%	Individual	Appendix 3
Total			100%		

Graduates of the SSM programme should show:

Competence

A1: {Understanding}

process and interpret information, evidence and methodologies related to sport science or sport management

A2: {Self-discipline}

independently apply themselves to solve relevant problems

A3: {Modern Tool Usage}

use technology to communicate and provide feedback on sports activities, improve sports performance, monitor and increase physical activity, provide exercise prescription, solve problems for disadvantaged athletes/sportspeople, and commercialize and innovate sports products, events and services

Creativity

B1: {Critical Thinking}

critically assess the applicability of sport science and sport management tools toward problems and in the workplace

B2: {Analytical Thinking}

critically analyse data from a multitude of sources

B3: {Interdisciplinary Thinking}

connect the subfields of sport science and sport management to tackle problems

B4: {Innovation}

be able to develop new applications or improve existing techniques

B5: {Entrepreneurship}

develop new ideas and plans for sport science, businesses and events

Communication

C1: {Effective Communication}

present findings or ideas from sport science and sport management research logically and coherently at the appropriate level for the intended audience and in all forms of communication

C2: {Teamwork}	work in teams on projects that require sport science or sport management application, and communicate results via demonstration, verbally and in written form
Civic-Mindedness	
D1: {Professionalism}	act in a manner that respects the profession and meets the expectations of the sport science and sport management industry
D2: {Inclusiveness}	promote sport and physical activity in all individuals to bring people together and improve physical, social and psychological outcomes
Character	
E1: {Ethical behaviour}	act with integrity and in a socially responsible and ethical manner in line with societal and legal expectations in relation to collecting and analysing data of people and protecting personal data with appropriate computer security
E2: {Sportspersonship}	demonstrate appropriate safety, concern and good conduct in sport situations towards other individuals involved in the activity

Formative Feedback

Instructor will provide verbal feedback to you on your techniques, skills and gameplay during the situational games and developmental focus tasks.

Instructor will respond to your queries during/after the presentations on rules and concepts of the game.

Learning and Teaching Approach

Approach	How does this approach support students in achieving the learning outcomes?
Presentation	Instructor will present and explain the rules and concepts of the game to you.
Situational games	You will participate in situational games that are designed to highlight a concept associated with the game. After each situational game, instructor will lead a Q&A session with you to elicit the concept.
Developmental focus tasks	You will participate in developmental focus tasks to practice the techniques and skills needed to enact the concept elicited in the situational games.

Reading and References

1. Elements of Volleyball, compiled by Dr. Moses Lim
2. FIVB Rules of the Games
3. Bob Miller (2005), The Volleyball Handbook, Human Kinetics (Additional reference)

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory - punctually and submit the scheduled assignment by the due dates. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

(3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognize your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [academic integrity website](#) for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Collaboration is encouraged for your work in the class and laboratories because peer-to-peer learning helps you understand the subject better and working in a team trains you to

better communicate with others. Working together and exchanging ideas and experiences will help improve the quality of your assessed presentation. It is important to credit others for their contribution to your work which promotes ethical practices and academic integrity.

Course Instructors

Instructor	Office Location	Phone	Email

Planned Weekly Schedule

Week	Topic	Course LO	Readings/ Activities
1	Introduction to volleyball Safe play Postures and movements Overhead/volley pass Game play – Inculcating Read	Introduction and brief Movement focus tasks Developmental focus tasks Situational games	2, 4, 5
2	Movements Review – Overhead/volley pass Underarm pass/dig Three touch play Game play	Movement focus tasks Developmental focus tasks Situational games	2,3, 4, 5
3	Movements Review: Overhead/volley pass Underarm pass/dig Passing with setter's role on 2 nd touch Service Three touch play Game play	Movement focus tasks Developmental focus tasks Situational games	1, 2, 3, 4, 5
4	Movements Review: Passing Service and Serve receive Spiking Game play	Movement focus tasks Developmental focus tasks Situation games	2, 4, 5, 6
5	Movements General review of techniques Spiking and tip Team attack system Understanding rotations Game play	Movement focus tasks Developmental focus tasks Situational games Peer learning Presentation	1 - 6

6	Movements Individual attack Block: single and multiple Game play	Movement focus tasks Developmental focus tasks Situational games	2 - 6
7	Movements Techniques review 6 v 6 formation Simple offence Game play	Movements Developmental focus tasks Situational games Game play	4 - 6
8	Movements Techniques review Simple defense Game play	Movements Developmental focus tasks Situational games Game play	4-6
9	Movements Techniques review Game play	Movements Developmental focus tasks Game play	2 4-6
10	Course conceptual Review Techniques review Game play: 6 v 6	Theory Quiz Developmental focus tasks Game play	1, 3 2, 4 - 6
11	Individual Technique Review Team practice Game play: 6 v 6	Individual Assessment Game play	2 2, 4, 5 & 6
12	Gameplay Review	Gameplay Assessment	2, 4, 5 & 6