

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
Course title: VOLLEYBALL				
Lecturer or lecturers (for lectures): Nešić P. Goran				
Lecturer / Associate (for practice): Grbić M. Vladimir, Majstorović J. Nikola				
Course status: Elective				
ECTS: 4				
Condition: none				
Course objectives: To introduce students to basic volleyball characteristics, creation, development, and current state in this game; rules of the game; volleyball structure and contents; training and competition.				
Course outcome: Each student is enabled to transfer technical and practical volleyball knowledge. Student is able to demonstrate simple technical and tactical volleyball elements, knows basic rules of the game, and knows basic activities and contents, as well as training principles of this game. He is capable of recognizing distinct volleyball contents, which can be implemented into other sports. Besides that student is enabled to demonstrate variants of basic techniques and tactics.				
Contents description:				
<i>Theoretical instruction:</i> Volleyball history; Volleyball rules; Specification of success in volleyball; Basic volleyball technique and tactic; Basic fitness preparation in volleyball; Volleyball training; Volleyball competition				
<i>Practical classes:</i> Basic technique and tactic; Fitness preparation.				
References:				
Nešić, G. (2002). <i>Basic anthropometry</i> . Standard 2. Belgrade: Sports academy				
Stojanović, T., Kostić, R. i Nešić, G. (2005). <i>Volleyball</i> . Grafid. Banja Luka: Faculty of physical education and sport.				
Stojanović, T. Kostić, R. i Nešić, G. (2010). <i>Volleyball – technique and tactic</i> . Kasper. Banja Luka: Faculty of physical education and sport.				
Stojanović, T. Nešić, G. i Karalić, T. (2010). <i>Competitive activity efficiency of female and male volleyball players in top competitions</i> . Grafopapir. Banja Luka: Faculty of physical education and sport.				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method				
Theoretical lectures; practical lectures				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	10	Written examination	30	
Practical instruction	10	Practical examination		
Preliminary exam / Colloquium	20	Oral examination	20	
Seminar papers	10		