

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet:	Športna dejavnost – ODBOJKA
Course title:	Sports activity - VOLLEYBALL

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Obštudijska dejavnost	1. in 2. stopnja	1./2./3.	Zimski / Poletni
Extracurricular activity			Autumn/Spring

Vrsta predmeta / Course type	Obštudijska dejavnost/ Extracurricular activity
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Univerzitetna koda predmeta / University course code:	FF009
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Predavanja Lectures	Seminar Seminar	Vaje Tutorial			Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
5		55					30	3
		AV	LV	RV				

Nosilec predmeta / Lecturer:	Peter Sitar, prof.
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Jeziki /Languages:	Predavanja / Lectures:	Slovensko
	Vaje / Tutorial:	Slovensko

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
	Understanding the values of a healthy lifestyle, sport, physical exercise and the desire for acquiring additional knowledge and skills in individual sport disciplines.

Vsebina:	Content (Syllabus outline):
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<p>Teoretične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> • zdrav življenjski slog, • pomen pravilne prehrane, • specifika športne panoge (pregled razvoja odbojke, tehnika in taktika igre, pravila). <p>Praktične vsebine se nanašajo na</p> <ul style="list-style-type: none"> • vadba in razvijanje osnovnih tehničnih elementov ODBOJKE (zgornji in spodnji odboj, servis, sprejem servisa, blok). 	<p>The theoretical contents refer to:</p> <ul style="list-style-type: none"> • a healthy lifestyle, • the importance of a proper diet, • the specifics of the sport discipline (an overview of the evolution and progress of volleyball, its techniques, tactics and rules). <p>The practical contents refer to:</p> <ul style="list-style-type: none"> • training and developing basic technical elements of volleyball (upper and lower hits, serving, serve reception, blocking)
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<ul style="list-style-type: none"> • pravilno izvajanje posameznih elementov igre v začetnih oblikah igre čez mrežo (1:1, 2:2, 3:3 na malo polje ob mreži). • V sistemu igre 6:0, 5:1, obvladanje osnovnih taktičnih elementov igre v napadu in obrambi. • Seznaniti študente s pravili odbojarske igre. • Seznaniti študente z vrstami in načini tekmovalj. 	<ul style="list-style-type: none"> • the correct execution of individual elements of the game in the initial forms of 1: 1, 2: 2, 3: 3 in the small field at the net. • Mastering the basic tactical elements of the game in attack and defense in the 6:0 and 5:1 systems. • Teach students the rules of volleyball. • Teach students about different types of competitions.
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Temeljna literatura in viri / Readings:

<ul style="list-style-type: none"> • Pori, M., Pori, P., Pistotnik, B., Dolenc, A., Tomažin, Štirn, I. in Majerič, M. (2013). <i>Športna rekreacija</i>. Športna unija Slovenije, Fundacija za šport, Ljubljana. • Pori, P., Pori, M., Jakovljević, M. in Ščepanović, D. (2014). <i>Zdrava vadba</i>. Fakulteta za šport, Univerza v Ljubljani. • Čopi, J. (2005). <i>Od začetnika do odbojkarja</i>. Odbojarska Zveza Slovenije

Cilji in kompetence:

<ul style="list-style-type: none"> • Oblikovanje pozitivnih stališč do športa ter navajanje na zdrav način življenja. • Odpravljanje in preprečevanje posledic pomanjkanja gibanja oziroma skrb za izboljšanje psihofizičnih sposobnosti in krepitev zdravja. • Študent bo izboljšal svoje telesne in motorične sposobnosti. • Študent bo znal korektno prikazati osnovne tehnične elemente odbojke (podaje, sprejemi, servisi). • Znati nastopati na tekmovanju (v okviru predmeta, fakultete).

Objectives and competences:

<ul style="list-style-type: none"> • Raising awareness of the values of sport and, through this, influencing the formation of positive attitudes towards sport and towards a healthy lifestyle. • Eliminating and preventing the consequences of lack of exercise and a care for improving psychophysical abilities, enhancing health. • Improvement of body and motor skills. • Giving a practical demonstration of the basic technical elements of volleyball (assists, receives, serves). • Ability to enter a competition (within the confines of the subject or faculty).

Predvideni študijski rezultati:

<p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> • Študent navede možnosti aktivnega počitka in metode za regeneracijo telesa. • Študent opiše zgodovino in teorijo odbojke – pravila – in prikaže pravilne tehnične elemente, tehnike in taktike odbojke. • Študent tvorno sodeluje v skupini. • Študent prikaže pravilno izvajanje posameznih elementov igre v začetnih oblikah igre čez mrežo (1:1, 2:2, 3:3 na malo polje ob mreži).
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Intended learning outcomes:

<p>Knowledge and Understanding:</p> <p>The student:</p> <ul style="list-style-type: none"> • knows the theory of active rest and different methods for regenerating the body; • describes the history and theory of volleyball – rules – and demonstrates correct techniques and tactics; • participates in a group, comprehending the mutual effort for achieving a common goal; • correctly executes individual elements of the game in the initial forms of 1: 1, 2: 2, 3: 3 in the small field at the net;
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- Študent prikaže osnovne taktične elemente igre v napadu in obrambi v sistemu igre 6:0, 5:1.

- demonstrates basic tactical elements of the game in attack and defense in the 6:0 and 5:1 systems.

Metode poučevanja in učenja:

V programu bodo uporabljene naslednje metode in oblike poučevanja:

- metoda razlage in razgovora (predavanja),
- metoda demonstracije.

Oblike:

- frontalna učna oblika,
- individualna učna oblika,
- skupinska učna oblika.

Learning and teaching methods:

The following methods and forms of teaching will be used in the program:

- the method of explanation and discussion (lectures),
- the method of demonstration.

Forms:

- frontal learning,
- individual learning,
- group learning.

Delež (v %) /

Weight (in %) /

Načini ocenjevanja:

Assessment:

Način (zagovor seminarske naloge in praktična demonstracija)		Method (presenting a seminar paper and demonstrating individual elements of the skiing tradition)
<ul style="list-style-type: none"> • Teoretični izpit • Praktični izpit 	<p>20 %</p> <p>80 %</p>	<ul style="list-style-type: none"> • Theoretical examination • Practical examination (demonstration).

Reference nosilca / Lecturer's references:

1. Predavatelj na Filozofski fakulteti UM
2. Član Odbora za šport na UM
3. Strokovni sodelavec Univerzitetne športne zveze Maribor (UŠZM) – vodja ekip UM na DUP.
4. Strokovni sodelavec Slovenske univerzitetne športne zveze (SUSA) – vodja odprav na največjih študentskih tekmovanjih (Univerzijade, svetovna in evropska prvenstva).
5. Član strokovnega sveta Športne Zveze Maribor

1. Lecturer at the Faculty of Arts UM.
2. Member of the Sports Committee at UM.
3. Expert associate of the University Sports Union Maribor (UŠZM) – head of teams at UM and DUP.
4. Expert associate of the Slovenian University Sports Association (SUSA) - head of sport teams at the biggest student competitions (Universiade, World and European Championships)
5. Member of the Expert Council of the Maribor Sports Association

Izbrani članki nosilca / Selected articles:

1. Peter Sitar: RAISING AWARENESS OF ATHLETE'S SKIING SKILLS IN FREE SKIING AND IN LINE-UP 1st Scientific Conference SPE BALKAN SKI (Kopaonik, Serbia, March 2017) Book of Abstracts
2. Peter Sitar: MODERN SKI TEACHING METHODS PROPER UTILIZATION OF THE SKIS GEOMETRY FOR QUALITY AND SAFE SKIING, 2nd Scientific Conference SPE BALKAN (Jahorina, BIH, March 2018) Book of Abstract
3. Peter Sitar: PREMISLEK O ŠPORTU NA UNIVERZI V MARIBORU, ZDRAV življenski slog študentov: ZBORNIK, Ljubljana 2016
4. Peter Sitar: Univerzitetnemu športu na Univerzi v Mariboru, ki smo ga nekoč že imeli, na pot..!, Strokovna revija Univerzitetni šport, Ljubljana, nov. 2015