

1. BASIC INFORMATION

Course	Volleyball III
Degree program	Bachelor's Degree in Physical Activity and Sports Sciences.
School	Faculty: Faculty of Physical Activity Sciences, Sport and Physiotherapy.
Year	4º
ECTS	6 ECTS
Credit type	Obligatory
Language(s)	Spanish / English
Delivery mode	Presential
Semester	S8
Academic year	2027/2028
Coordinating professor	Eduardo López Martínez

2. PRESENTATION

This program corresponds to the third level of one of the sports that students can opt for in the degree in CAFYD.

The subject aims to provide the student with in-depth knowledge of the training models applied to high performance, as well as the structures applied to elite levels of play in order to achieve the training to carry out the planning, periodization, and programming of training and team management in performance volleyball

3. LEARNING OUTCOMES

Knowledge

KNO3.

- Describe actividades de prevención, adaptación y mejora del rendimiento físico-deportivo y de la salud mediante la condición física y el ejercicio físico.
- Identifica el sistema funcional 5:1, así como estructuras de los diferentes complejos estratégicos; y permitiendo la valoración de su uso en la selección del modelo de juego
- Desarrolla la comprensión de conceptos relacionados con los modelos de planificación, periodización de las cargas, programación de los ejercicios, intensidad y del resto de elementos que condicionan el rendimiento

...

Skills

SK02. ...

- Design tasks, progressions, and physical exercise strategies aimed at health and sports performance based on individual variables and environmental conditions.
- Practice technical actions, focusing on their differences and application in performance volleyball, allowing the evaluation of the performance of players and the differentiation of the optimal conditions of use of each technique and its variants.
- Evaluate the effectiveness of volleyball's technical gestures during competition through quantitative systems and the use of technology.
- Analyze the game model of a high-level team through qualitative video analysis.
- Design a process for planning, periodization and programming of medium or high performance volleyball.

Competences

COMP2. To design and apply the methodological process made up of observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sport.

COMP7. To design and apply fluidly, naturally, consciously and continuously physical exercise and adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of the processes of adaptation and improvement or readaptation of certain capacities of each person in relation to human movement and its optimisation; in order to be able to solve unstructured, increasingly complex and unpredictable problems and with emphasis on populations of a special nature.

COMP8. To articulate and deploy an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical condition and physical-sports performance.

COMP37. Strategic communication: To transmit messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the different agents involved in communication in the academic and professional environment.

COMP40. Teamwork: Cooperate with others in the achievement of a shared academic or professional goal, participating actively, empathetically and exercising active listening and respect for all members.

COMP41. Critical analysis. To integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

- TOPIC 1. Game structures applied to performance volleyball.
- TOPIC 2. The specialization of the players in performance volleyball.
- TOPIC 3. Practice as a means of knowledge of the game
- TOPIC 4. The strategic complexes in high performance:
- TOPIC 5. Team management
- TOPIC 6. Physical preparation in High Performance Volleyball: Conditional Abilities and Preventive Work. The planning of the season in cycles.

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Masterclass
- Learning based on workshop/laboratory teachings
- Case Method
- Cooperative learning
- Simulation environments

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Masterclasses	12
Practical Application Classes	18
Oral Presentations of Works	10
Freelance work	56
Debates and colloquia	8
Tutorial	12
Knowledge Tests	2
Activities in workshops and/or laboratories	20
Preparation of reports and writings	6
Case Analysis	6
TOTAL	150

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
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Presential assessment tests	40-50%
Oral presentations	5-10%
Workshop-laboratory practice notebook	15-25%
Case/Problem	5-20%
Reports and Briefs	10-20%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the subject in the ordinary call you must...

- Obtain an average between the different evaluation markers equal to or greater than 5.
- Pass the written test with a grade equal to or higher than 5.
- Submit the "out class" practice report in the learning folder section, which demonstrates the attendance and analysis of the required training sessions or matches.
- Regular classroom attendance in at least 80% of the classes of the subject. Exceptionally, and at the proposal of the teacher, a limited number of hours of absence are allowed to be recovered by attending more out-class practices in training or matches and submitting their corresponding reports. In the event of not reaching the necessary face-to-face attendance at the end of the teaching period, the subject will obtain a grade of FAIL, losing the right to pass the subject in the ordinary call. In the same way, any student who exceeds 50% of absences in the subject, will lose the right to be evaluated in the ordinary call, having to pass the subject in the extraordinary call in accordance with the regulations of the European University of Madrid itself.

7.2. Second exam period

To pass the subject in the extraordinary call, you must obtain a grade greater than or equal to 5.0 out of 10.0 in the final grade (weighted average) of the subject.

To pass the extraordinary call subject you must

- Obtain an average equal to or greater than 5 in the set of assessment tests.
- Present the activities or tests not presented or not passed in the ordinary call, including "out class" practices if they have not been presented.
- Pass the written test with a mark equal to or higher than 5 if they have not previously passed it.

- In the event of not having reached the minimum attendance required in the ordinary call, the student must pass a practical test of technical or tactical elements with a grade equal to or higher than 5. If you do not pass this test, the subject will always obtain a grade lower than 5.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Activity 1. Quantitative performance analysis	Week 9
Activity 2. Quantitative performance analysis	Week 12
Activity 3. Implementation of a physical preparation program based on scientific article.	Week 15
Activity 4. Out-class internships	Week 10
Activity 5. Theoretical test	Week 16

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAFÍA

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10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.

2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation