

**COURSE DESCRIPTIONS**

<b>Faculty</b>	Faculty of Physical Education				
<b>Department</b>	Department of Physical Education			<b>NQF level</b>	7
<b>Course Title</b>	Volleyball (1)	<b>Code</b>	131145	<b>Prerequisite</b>	--
<b>Credit Hours</b>	2	<b>Theory</b>		<b>Practical</b>	
<b>Course Leader</b>	Dr. Emad Haddad	<b>email</b>	<a href="mailto:e.haddad@jadara.edu.jo">e.haddad@jadara.edu.jo</a>		
<b>Lecturers</b>	Dr. Emad Haddad	<b>emails</b>	<a href="mailto:e.haddad@jadara.edu.jo">e.haddad@jadara.edu.jo</a>		
<b>Lecture time</b>	13:00–11:30	<b>Classroom</b>	G102	<b>Attendance</b>	Face-to-Face
<b>Semester</b>	First Semester 2025–2026	<b>Production</b>	20-2-2025	<b>Updated</b>	13-10-2024

**Short Description**

The course focuses on introducing students to linking basic skills with advanced skills, including applied information regarding legal aspects and advanced technical, offensive, and defensive tactics. It also covers how to prepare educational and training plans (attack combinations, service reception patterns, and back-row setting) in terms of physical and technical performance in volleyball.

**Course Objectives**

- ✓ Acquire physical abilities specific to volleyball.
- ✓ Identify the different types of volleyball serves.
- ✓ Apply previously learned volleyball skills.
- ✓ Construct tactical plans for the reception skill in volleyball.
- ✓ Differentiate between defensive and offensive tactics in volleyball.
- ✓ Explain common mistakes and how to correct them.
- ✓ Apply international volleyball regulations and laws.

**Course Intended Learning Outcomes (CILOs)**

**A. Knowledge - Theoretical Understanding**

- ✓ a1- Knowledge of all types of serves in volleyball and knowledge of the international laws of volleyball. K1.

**B. Knowledge - Practical Application**

- ✓ a2- Apply basic skills in volleyball and apply the international laws of volleyball. K3

**C. Skills - Generic Problem Solving and Analytical Skills**

- ✓ B1- Construct tactical plans for the reception skill in volleyball. S2

<b>D. Skills - Communication, ICT, and Numeracy</b>
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<b>E. Competence: Autonomy, Responsibility, and Context</b>
✓ c1- Demonstrate the ability to build positive relationships with others, work within a team, and accept the opinions of others. C1
<b>Teaching and Learning Methods</b>
<ul style="list-style-type: none"> <li>✓ Brainstorming Strategy:</li> <li>✓ Mutual discussion between the professor and students on one hand, and among the students themselves on the other, regarding course topics.</li> <li>✓ Research and Inquiry Strategy:</li> <li>✓ Writing reports on volleyball topics.</li> <li>✓ Using the internet to implement the research and inquiry strategy.</li> <li>✓ Scientific Research Skills:</li> <li>✓ Submitting an achievement portfolio (Portfolio) based on the principles taught</li> </ul>
<b>Assessment Methods</b>
<ul style="list-style-type: none"> <li>✓ Midterm and Final Exams.</li> <li>✓ Student interaction in educational situations and practical lectures.</li> <li>✓ Assignments and reports.</li> <li>✓ Presentations.</li> </ul>

### Course Content

Week	Hours	Outcomes	Topics	Teaching & Learning Methods	Assessment Methods
1	2	a1 +a2	✓ History of Volleyball and Warm-up	✓ Lecture, Discussions.	✓ Monitoring students during assignments.
2+3	4	b1+c1	✓ Serving: Underhand (Front & Side), Hook Serve, Power Tennis Serve.	✓ Discussions ,Lecture.	✓ Monitoring students during assignments.
4+5	4	a1 +a2	✓ Passing types: Underhand and Overhand (Backward & Forward)	✓ Lecture, Discussions.	✓ Monitoring students during assignments.
6	2	a2+b1	✓ Setting based on direction: Position (4) and Position (2)	✓ Lecture, Discussions.	✓ Monitoring students during assignments.
7	2	-	Midterm exam.	-	-
8+9	4	b1 +c1	✓ Straight Spike (Smash) instep... etc.	✓ Lecture, Discussions, Brainstorming	✓ Monitoring students during assignments.
10+11	4	b1+a1+a2	✓ Individual Block	✓ Lecture, Discussions, Brainstorming	✓ Monitoring students during assignments.
12	2	a2+a1+b1+c2	✓ Receiving serve with five players	✓ Lecture, Discussions, Brainstorming	✓ Monitoring students during assignments.

13+14	4	c1+a1+a2 +b1	✓ International Law and its applications.	✓ Lecture, Discussions.	✓ Monitoring students during assignments.
15+16	4	-	Final Exams.	-	Midterm exam.

Course Assessment Plan						
Assessment Methods	Assessment Methods	Learning Outcomes				
		a1	a2	b1	b2	c1
First Exam (Midterm)	30	-	-	-	15	15
Second Exam (Midterm)	-	-	-	-	-	-
Final Exam	50	6	9	5	15	15
Coursework / Semester Work	20	4	4	4	4	4
Breakdown of Coursework (Detailed Assessments)	Assignments	10	2	2	2	2
	Case Studies	-	-	-	-	-
	Discussion & Interaction	10	2	2	2	2
	Group Activities	-	-	-	-	-
	Lab Exams & Assignments	-	-	-	-	-
	Presentations	-	-	-	-	-
	Quizzes	-	-	-	-	-
Total	100	10	13	9	34	34

Learning Resources	
Main Textbook	✓ -Volleyball
References	Al-Amro, Omar (2019). Volleyball.
Recommended Reading	✓ Modern Volleyball
Electronic Material	None
Other Sites	✓ Digital library, reviewing scientific journals, and Master's and Doctoral theses.

Plagiarism
<p>Plagiarism is claiming that someone else's work is your own. The department has a strict policy regarding plagiarism and, if plagiarism is indeed discovered, this policy will be applied. Note that punishments apply also to anyone assisting another to commit plagiarism (for example by knowingly allowing someone to copy your code).</p> <p>Plagiarism is different from group work in which a number of individuals share ideas on how to carry out the coursework. You are strongly encouraged to work in small groups, and you will certainly not be penalized for doing so. This means that you may work together on the program. What is important is that you have a full understanding of all aspects of the completed program. In order to allow proper assessment that this is indeed the case, you must adhere strictly to the course work requirements as outlined above and detailed in the coursework problem description. These requirements are in place to encourage individual understanding, facilitate individual assessment, and deter plagiarism.</p>