**UNIVERSITY OF GONDAR COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCES**

**DEPARTMENT OF SPORT SCIENCE**

**Course Title: Science of Volley ball Training**

**Course Number: SpSc 562**

**Credit Hour: 2**

**Contact Hours:**

* **Theory: 1**
* **Lab/practical: 1**

**Objective:**

**Course Rational:**

Science Sports Training helps each student- Volley ball athlete reach his or her full athletic potential by instilling the crucial fundamentals & work ethic necessary to become the player they never knew they could be.

**Course description**

Initial concepts and the subject of course: the essence of sport, determination of the notations. Characteristics of sport training: aim, tasks and main aspects of the content of sport, means and methods. General and special principles in sport, coaching a Volleyball in the process of training, intellectual, technical and tactical training in sport, coordination, physical training, structure of training, annual and semiannual training cycle and training as a many years process.

**Chapter One: Sport training**

**Chapter Two: Coaching in Volleyball**

**Chapter Three: Technical and tactical training in sport**

**Chapter Four: Conditioning training for Volleyball**

**Chapter Five: training cycle of Volley ball Coaching**

**Mode of assessment**

* Theory and Practical Individual and group Assignments
* Mid semester examination
* Final semester examination
* Seminars
* Paper work (developing training plan)

**Reference**

* Diagram Group (2001): Enjoying Gymnastics, Stoeger Publishing company, USA
* D. Mcarale (1988): The Gym work our body sculping: time life customer service, USA
* Sho Fukushima & Wrio Russel (1980): Men’s Gymnastics, Faber &Faber Limited, Great Britian
* Ruth Morison (1995): A movement Approach to Educational Gymnastics, Aldine press, Great Britain
* Frank Ryan (1999): Gymnastic for girls, Brattleboro the book press, USA

**UNIVERSITY OF GONDAR COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCES**

**DEPARTMENT OF SPORT SCIENCE**

**COURSE OUTLINE FOR A COURSE COACHING ATHLETES WITH DISABILITY AND STUDY ON PARALYMPIC**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| PROGRAM | | MSc Regular sport science | | |
| YEAR OF STUDY | | First year | | |
| Module Category | | Core course | | |
| Course Title | | Coaching Athletes with Disability and Study on Paralympic | | |
| Course code | | SpSc-504 | | |
| Credit hour | | 2 | | |
| ECTS | | - | | |
| Contact hour | | Theory | 2 | |
| practice | optional | |
| Course information | | Academic year : **2020**  Meeting Day : **Friday** Time: **10-12 AM** Place: PG**-1 or 2**  Semester **Second** | | |
| Instructor’s name | | Ephrem Tamrat (PhD) | | |
| Instructor’s contact information | | Office--------block------Number-------  Cell phone 0944242044  [Email-ephrem123@gmail.com](mailto:Email-ephrem123@gmail.com)  Office hour (By appointment) | | |
| Mode of delivery | | Course taking-----Regular 1st year MSc  Course offering dept----Sport Science | | |
| Course description | | This course covers the application of disabilities’ volleyball to encourage a wide range of those wishing to introduce volleyball for the disabled athletes to the potential candidates, especially to the young athletes and beginners. Therefore this course intends to support all those working in the area of sports and who wish to introduce and practice sitting volleyball (disabilities’ volleyball) as a challenging and attractive possibility. Concepts for the instructors who will be responsible for the introduction of disabilities’ volleyball (sitting volleyball) to beginners will be carried out on this course. | | |
| Course objectives | | * To develop an understanding of teaching and coaching athletes with disabilities and identify a coaching and teaching strategies for each participant, * To apply the sport management team approach in recruiting athletes, volunteers and family members and develop training plans for conducting sport-specific training programs for disabled athletes, * To identify practical methods for enhancing athlete performance by developing sport confidence through effective coaching techniques, * To provide a safe environment for athletes with disability during training and competition. * To make the school setting and training places inclusive. | | |
| COURSE CALENDER AND DELIVERY | | | | |
| Chapters | Key points | Teaching methods | | Suggested readings |
| one | Introduction   1. Disability Sports    1. History and development of volleyball for the disabled    2. Most frequent disabilities in the volleyball game    3. Care of the person with disabilities    4. Sitting and standing volleyball specifics and facts    5. Basic principles in teaching and coaching volleyball for the disabled    6. Sporting values among sitting volleyball players    7. Model for teaching athletes sitting volleyball    8. Insight into the classification system in volleyball for the disabled | * Lecture * Gap lecture * Discussion * Question and answer | | 1.Beal, D., Brassey, L., Brown, D., et al. (1993): *Gold Medal Volleyball*. The Sports Group, Inc.,Pittsburgh.  2. Council of Europe (1995): European Charter for Sport for All: Disabled persons. Council of Europe Publishing, Strasbourg.  3. De Haan, J. (1986). Sitting Volleyball. Den Haag: Uitgeverij De Vrieseborch  4. De Pauw, K. P., Gavron, S. J. (2005). Disability Sport. Champaign: Human Kinetics.  6. McGown, C. (Ed.) (1994): Science of Coaching Volleyball. Human Kinetics Publishers, Champaign.  7. Goodman, S. (2005). Coaching Athletes With Disabilities. Sydney: Australian Sports Commission.  8. Papageorgiou, A., Spitzley, W. (1996): *Handbuch fur Volleyball*. Meyer & Meyer Verlag, Aachen.  9. Valkova, H., R. Vute (Eds.) (1998): Adapted Physical Activities in Central Europe. Palacky University,Olomouc.  10. Vute, R. (2005). Self-perception of national team coaches in volleyball for the disabled. Gymnica, Vol.35, No.1, pp. 69 – 77.  11. Vute, R. (1999): Scoring skills performances of the top international men's sitting volleyball teams.Gymnica, Vol. 29, No. 2., pp. 55 - 62.  12. Vute, R. (2004). Studies on Volleyball for the Disabled. Ljubljana: World Organisation Volleyball for Disabled.  13. Stopford, V. (1987). Understanding disability: causes, characteristics, and coping. London: Edward Arnold.  14. Williams, T., Almond, L., Sparkes, A. (Eds.) (1992): *Sport and Physical Activity*. E & FN Spon, London. |
| Two | 1. Practicing sitting volleyball    1. Varieties of movements on the floor    2. Warming up activities and games    3. Adaptations of volleyball skills    4. Volleyball technique in volleyball for the disabled   2.4.1 Serving: serving fundamentals, drills, error detection and correction  2.4.2 Passing: forearm passing fundamentals, drills, error detection and correction  2.4.3 Setting: setting fundamentals, drills, error detection and correction  2.4.4 Smashing (Hitting): attacking fundamentals, drills, error detection and correction  2.4.5 Blocking: blocking fundamentals, drills, error detection and correction | * Lecture * Gap lecture * Discussion * Question and answer | |

Approval section

For Department head **Temesgen Hailie(Ass.Pro.)** signature-----------------

**UNIVERSITY OF GONDAR**

**COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCES**

**SPORT SCIENCE DEPARTMENT**

**Course content**

|  |  |
| --- | --- |
| **Program** | **Post Graduate** |
| **Course Title** | Research Methodology in sport |
| **Course Code** | SPSc 602 |
| **Credit Hrs.** | 3 |
| **Instructor** | Dr. Alemayehu Belay /Asso. Prof/ |
| **Consultation Hours** |  |
| **Target Group** | Post Graduates students |

**Course description**

This course introduces students with number of research methods useful for academic and professional investigations of information practices. The course will provide an opportunity for students to establish or advance their understanding of research through critical exploration of research language, ethics, and approaches. The course introduces the language of research, ethical principles and challenges, and the elements of the research process within quantitative, qualitative, and mixed methods approaches. This course offers an overview of writing research proposal and research report.

**Course Objective**

At the end of this course students will be able:

* Define research, research terms.
* To describe the types of research based on various criteria
* To develop research questions that are based on and build upon a critical appraisal of existing research;
* describe the research process, skills and ethics associated with the research process
* to Construct an effective research proposal that will serve as the launching point for the nest work
* To distinguish the difference between research proposal and research report writing.

**CHAPTER 1: INTRODUCES TO THE CONCEPT OF ‘RESEARCH’.**

* 1. What do we mean by ‘research’?

1.1.1. Why undertake research?

1.1.2. The application of research

1.1.3. The characteristics of research

1.1.4. Understanding sports research

* 1. Classification of research: Field, Laboratory,
  2. The types of research: based on goals, approach, purpose/objective, design, type of data

**CHAPTER 2: THE RESEARCH PROCESS**

**2.**1. Introduction

2.2. The research process

2.2.1. The eight main elements or stages of the research process.

2.3. Reviewing the Literature

2.3.1 Importance of literature

2.4. The research Design

2.4.1. Need for research Design

2.4.2. Components of research Design

**CHAPTER 3: RESEARCH QUESTIONS/ HYPOTHESES AND OBJECTIVES**

3.1. Introduction

3.2. Coming up with a research topic/problem

3.2.1 Considerations in selecting a research topic/ problem

3.3. Research question

3.4. Foundation of Hypotheses

3.5.1 Elements & Functions of a Good Hypothesis

3.5.2 Types of Hypotheses

3.5. Research objectives

**Chapter 4: THEORIES and CONCEPTS IN SPORT RESEARCH**

4.1. Introduction

4.2. Theories and theoretical frameworks

4.3. Concepts and Conceptual framework

**Chapter 5: SELECTING RESEARCH DESIGNS FOR SPORT STUDIES**

5.1. Research design

5.1.1. Quantitative research design: Experimental designs, Cross-sectional/survey designs, Time series designs, longitudinal designs

5.1.2. Qualitative research design: Case study research

5.2. The concept of sampling

5.2.1 What is sample?

5.2.2 Determining the sample size

5.2.3 Sampling techniques

5.3. Combining quantitative and qualitative approaches

5.4. Ethical considerations in research design

**Chapter 6: METHODS OF COLLECTING DATA**

6.1. Data source:

6.1.1. Primary and secondary data source

6.1.2. Prerequisite for Data Collection

6.2. Primary data collection tools:

6.2.1 Questionnaire,

6.2.2 Interviews,

6.2.3 Observation

6.2.4 Group discussion

6.2. Secondary data collection tools:

6.2.1. Document Analysis)

6.2.2. Problems with using data from secondary sources

6.3. Construction of Research Instruments

6.3.1 Validity and Reliability of a Research Instrument

**Chapter 7: DATA ANALYSIS**

**7.1.** Quantitative data analysis

7.1.1 Analysis of categorical data (Nominal and ordinal data)

7.1.2 Analysis of continuous variables (interval and ratio data)

7.2. Qualitative data analysis

**Chapter 8: RESEARCH PROPOSAL AND RESEARCH REPORT WRITING**

8.1. Research proposal writing

8.1.1. Need of research proposal

8.1.2. General format of proposal writing

8.1.3. How to write a research proposal

8.2. Research report introduction (From abstract to Recommendation)

8.2.1. Need of Research report

8.2.2. General format of research report

8.2.3. How to write a research report

**Mode of Assessment**

1. Seminar, assignments individual =20%
2. Test 1- 40%
3. Test 2- 40%

**References**

1. Creswell JW. (2012). Educational research: planning, conducting and evaluating quantitative and qualitative research.4th edition, Pearson Education, Inc.,
2. Jerry R. Thomas and Jack K. Nelson (1990). Research Methods in Physical Activity, 2nd Ed. A division of Human Kinetics publisher.
3. Ranjit Kumar (1996). Research Methodology: A step-by step Guide for beginners. 1st ed. Addison Wesely Longman Australia
4. Kris E. Berg and Ricbard W.Latin (1994). Essential of Modern Research Methods in Health, Physical Education and Recreation. Prentice-Hall, Inc.USA.
5. Catherine Dawson (2007). A practical guide to research methods.,3rd edition, Spring Hill House, Spring Hill Road Begbroke, Oxford OX5 1RX. United Kingdom.
6. Linda Kalof et.al. (2008). Essentials of Social Research. McGraw-Hill companies New York, NY 1012–2289.

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**UNIVERSITY OF GONDAR COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCES**

**DEPARTMENT OF SPORT SCIENCE**

**Course Title: Methodology of Volley ball Training**

**Course Number: SpSc 566**

**Credit Hour: 3**

**Objective**

* Implement practically the task of training systems based on the principles and aims
* Identify the development of physical qualities for Volley ball
* Plan and monitor by giving evidences of training process
* Recruit talented Volley ball
* Understand the method of rehabilitation

**Course Description**

The course consists of principles, aims and tasks of training system, components of conditional or physical qualities such as exercise for the development of endurance, speed, strength, flexibility, structure, planning of Volley ball training, and characteristics of Volley ball preparation for various age and sex groups. Talent identification is another part of the course which includes when and how to identify pedagogical, psychological and morphological aspects. Planning and controlling giving evidence of training process. Method of Volley ball rehabilitation will also part of the course.

**Chapter One: Principles of Volleyball training**

**Chapter Two: Physical fitness and Volleyball**

**Chapter Three: Planning of Volley ball training**

**Chapter Four: Talent identification**

**Chapter Five: Method of Volley ball rehabilitation**

**Mode of Assessment**

* Theory and Practical Individual and group Assignments
* Presentation
* Skill analysis
* Mid semester examination
* Final semester examination
* seminars

**Reference**

* Kit Laughlin (1999): Stretching and Flexibility, Simon &Schuster Pty Limited, Australia.
* Peter H. Werner (2004): Teaching Children Gymnastics, second edition, Human Kinetics Publisher, Inc., USA
* Frank Ryan(1979):Gymnastics for Girls, The book press ,USA
* Diagram Group (2001): Enjoying Gymnastics, Stoeger Publishing company, USA
* D. Mcarale (1988): The Gym work our body scalping: time life customer service, USA