

Subject	Team Sports II (Volleyball-Handball)		
Type	Type	Semester	ECTS
	MANDATORY (M)	II	4
Course lecturer	Dr.Sc. Nagip Lenjani		
Goals and objectives	The aim of the course is to equip students with basic theoretical and practical knowledge on team sports (volleyball and handball) in order to expand both the general culture of sports and team sports in particular. Furthermore, during this course students will gain useful technical-tactical and relational knowledge in various professional settings (such as at school, sports clubs and federations).		
Learning outcomes	<p>Upon completion of the course (subject), students will:</p> <ul style="list-style-type: none"> ✓ To know the origin of volleyball and handball; ✓ Demonstrate a thorough understanding of the rules of volleyball and handball ✓ Understand and apply offensive and defensive positioning and movement principles; ✓ Apply theoretical and practical knowledge in a final practical evaluation; ✓ Have basic knowledge of performance analysis in team sports (volleyball and handball). 		
Content	Java	Topics	
	1	Syllabus Presentation	
	2	History of the game of volleyball in the world and in our territories	
	3	Characteristics and game of volleyball	
	4	Techniques in the game of volleyball and the movements of the players	
	5	Technical elements in the game of Volleyball	
	6	Tactics in the game of volleyball	
	7	Rules of the game of volleyball	
	8	Mid-exam – 1	
	9	The beginnings of the game of handball, historical development	
	10	General methodological principles of the game of handball	
	11	The structure of typical movements in handball: Ballets movement	
	12	Technical elements with the ball: Basic and training properties	
	13	Tactics in the game of handball	
	14	Rules of the game of handball	
	15	Mid-exam – 2	
Teaching/learning methods	Activity		Weight (%)
	Lectures		30%
	Laboratory		40%
	Research		20%
	Independent and group learning		10%
Methods of Evaluation	Methods of evaluation:		%
	Participation		15%
	a) Medium-term exam-1		30%
	b) Medium term exam - 2		30%
	Individual and group work)		15%
Sources	Project		10%
	Sources		Number
	Lectures		1
	Presantations		1
	Web of Science		1
	PubMed		1
ECTS Workload	Scopus		1
	Activity	Weekly hours	Workload
	Lectures	1	12
	Lab	2	24
	Course project	n/a	20

	Independent learning	n/a	44
Literature	<ul style="list-style-type: none"> • Tahiraj, E. Volejball (Teknika me metodikë), Prishtinë, 2005. • Tahiraj, E. Përgatitja psiko-motorike e volejbollistëve, Prishtinë, 2009. • Muca, Sh. & Rizvanolli, V. Biomekanika e Volejbollit, Tiranë, 2004. • VOLLEYBALL CANADA.: Volleyball Canada's Coaching Certification Program, Canada, 2005. • Citaku, F. "Stërvitja sportive në hendboll"-Tekst mësimor Universitar , Prishtinë, 2009. • G.Kavaja.: J. Jarani; Hendboll (rregullat bazë). Tiranë-2004. • Zyber. K."Hendboll për mësuesit dhe trajnerët e hendbollit" • Gruić, I., Vuleta, D. (2008). Comparison of physical conditioning status of first and second league male handball players. <p>Supplementary literature:</p> <ul style="list-style-type: none"> • 1. Rules of the game. Kosovo Handball Federation, Prishtina, 2007. 		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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