

**Physical education and health**  
**(elective course)**

*Methodical instructions for independent preparation of students*  
*V course in specialty 222 «General Medicine»*

**MINISTRY OF HEALTH OF UKRAINE  
Kharkiv National Medical University**

**Department of Physical Education and Health**

*Methodical instructions for independent preparation of students  
V course in specialty 222 «General Medicine»*

**Approved  
Academic Council of  
KhNMU.  
Protocol № from**

**Kharkiv  
KhNMU  
2021**

Elective physical education course: method. instructions for independent classes of 5th year students in the specialty 222 «General Medicine» in Ukrainian / comp. V.V. Shuteev, O.V. Lobanova, O.D. Petrukhov. - Kharkiv: KhNMU, 2021. - 26 p.

Compilers:        V.V. Shuteev  
                         O.V. Lobanova  
                         O.D. Petrukhov

**Topic 1. History of volleyball in the World and Ukraine. History of Ukrainian volleyball development. Ukrainian volleyball at the present stage.  
(6 hours)**

**Relevance:** Volleyball is one of the most popular sports in the world. One of the most spectacular and widespread games in Ukraine. The mass character is due to its high emotionality and accessibility, based on the simplicity of the rules of the game and the simplicity of the equipment.

**Purpose of the lesson:** Mastering the history of volleyball in the world and in Ukraine.

**Tasks for independent work in preparation for the lesson**

**Theoretical questions**

1. The history of volleyball in the World
2. Development of volleyball in Ukraine.
3. Volleyball of today.
4. Volleyball in the education of modern youth.

**Test tasks**

1. In what year was volleyball born:  
A. 1895  
B. 1985  
C. 1995  
D. 1898
2. Where did volleyball first appear:  
A. USA                      C. Germany  
B. Korea                      D. Ukraine
3. In what year were the first competitions for the championship of Ukraine  
A. 1887                      C. 1927  
B. 1925                      D. 1948
4. Who created the first Ukrainian women's team:  
A. *Mikheylo Berland*              C. *Jaciv Margulis*  
B. *Lev Weintraub*              D. *Georgy Sheleketin*
5. In what year did the national team of Ukraine become the silver medalist of Europe:  
A. 2000                      C. 1966  
B. 1988                      D. 2002
6. With what score did the junior (boys') national team of Ukraine beat Italy at the European Championship in 2016:  
A. 3: 2

- B. 3: 0  
 C. 2: 1  
 D. There is no exact answer
7. Where in Europe began to play volleyball for the first time:  
 A. *Germany*  
 B. *Czechoslovakia*  
 C. *Austria*  
 D. *Poland*
8. What is the weight of the ball:  
 A. 260-280g                      C. 280g.  
 B. 270g                          D. 300g
9. In what year did volleyball become an Olympic sport:  
 A. 1965  
 B. 1954  
 S. 1955  
 D. 1964
10. In which city of Ukraine did you play a volleyball match for the first time:  
 A. *Kyiv*  
 B. *Lviv*  
 C. *Odessa*  
 D. *Kharkiv*

### **literature**

1. Methodical recommendations on training and improvement of reception of a ball from giving / comp. I.V. Muschinina, E.G. Gorbachev. - Kiev, 1983. - 38 p.
2. Basics of volleyball / comp. O. Chekhov. - Moscow: Rh S, 1974.-168 p.
3. Fundamentals of single blocking in volleyball: a method of recommendation // comp. V.S. Kacharova. - Moscow, 1981. - 58 p.
4. Pimenov M.P. Volleyball / M.P.Pimenov - Kiev: Health, 1975. - 96 p.
5. Tuchynska T.A. Volleyball: educational and methodical manual [Electronic resource] / T.A. Tuchynska, E.V. Rudenko. - Cherkasy: ChNU named after Bohdan Khmelnytsky, 2014. - 76 p.

### **Internet resources**

- 1.<http://eprints.cdu.edu.ua/85/1/Руденко%20мак.pdf>
- 2.[http://fizkulturamo.at.ua/publ/teoreticheskij\\_material/volejbol/istorija\\_rozvitku\\_volejbolu/6-1-0-2](http://fizkulturamo.at.ua/publ/teoreticheskij_material/volejbol/istorija_rozvitku_volejbolu/6-1-0-2)
- 3.<https://studfile.net/preview/5461978/page:49/>

**Topic 2. General characteristics of the game of volleyball**  
**(layout of the play court, the location of players,**  
**the basic rules of the game).**  
**(8 hours)**

**Relevance:** modern volleyball is an athletic game that places very high demands, namely: to be able to quickly assess the situation; make an effective decision; choose the appropriate game technique; be able to perform it in a rational way, taking into account time, space, dosage of muscular effort; analyze the result of their own actions, as well as the actions of an opponent or partner and be ready to switch to the next motor task.

**Purpose of the lesson:** to define the game of volleyball, to study the correct layout of the playground, the placement of players.

**Tasks for independent work in preparation for the lesson**  
**Theoretical questions**

1. The size of the play court.
2. Marking lines in volleyball.
3. Correct location of players.
4. Basic rules of the game.

**Test tasks**

1. The court is limited by a line width:  
A. 5 cm                      C. 3 cm  
B. 15 cm                    D. 8 cm
2. What is the name of the short lines:  
A. Side  
B. Front \*  
C. Posterior.  
D. Small
3. The space formed by the axis of the center line, the line of attack and part of the side lines is called:  
A. Perimeter protection  
B. Front area \*  
C. Attack zone  
D. Substitution zone
4. What is the height of the grid should be for men  
A. 224 cm  
B. 222 cm  
C. 243 cm \*  
D. 253 cm

5. What is the height of the grid should be for women:
  - A. 224 cm
  - B. 222 cm
  - C. 253 cm
  - D. 243 cm
6. How many conditional zones has a court:
  - A. 5
  - B. 4
  - C. 6
  - D. 8
7. Which team starts the game:
  - A. *The one who won this right in the draw \**
  - B. *The one who grabbed the ball first*
  - C. *The one who was the first to take a position on the court*
  - D. *The one whose captain raised his hand first*
8. What do judges use to inform teams:
  - A. *Gestures*
  - B. *The referee must shout loudly*
  - C. *Official gestures*
  - D. *No answer is correct*
9. Who makes the final decision about the game episode:
 

A. <i>Scorer</i>	C. <i>Technical Delegate</i>
B. <i>Second referee</i>	D. <i>First referee *</i>
10. What is the size of the volleyball court:
 

A. <i>18x9 *</i>	C. <i>18x8</i>
B. <i>19x8</i>	D. <i>19x9</i>

### literature

1. Methodical recommendations on volleyball: for students of all specialties of full-time education. - Kyiv: National Academy of Statistics, Accounting and Auditing, 2012. - 11 p.
2. Volleyball in the program on physical culture in KSASU: methodical manual / comp. Bachenina E.A., Bolotnikov A.A., Kalmanovich V.L., Trusova L.A. - Kazan: KVVKU Publishing House, 2014. - 46 p.
3. Volleyball: educational and methodical manual / T.A. Tuchynska, E.V. Rudenko. - Cherkasy: Bohdan Khmelnytsky National University, 2014. - 76 p.
4. Nosko MO Volleyball in the physical education of students: [textbook] / M.O. Nosko, O.A. Arkhipov, V.P. Jules. - K.: «MP Lesia», 2015. - 396 p.
5. N.Yu. Shchepotina, V.M. Polishchuk Theory and methods of teaching sports games (volleyball): guidelines. Vinnytsia: VSPU, 2019. 48 p.

### Internet resources

1. [https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections\\_kurs.pdf](https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf)
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

### Topic 3. Safety rules on the play court. Sanitary and hygienic requirements for sports equipment. Athlete's personal hygiene (6 hours)

**Relevance:** Volleyball is a non-contact, combination sport, where each player has a strict specialization on the court. Sports equipment and equipment used must comply with sanitary and hygienic norms and rules of competition. The need to follow safety precautions when playing volleyball reduces the risk of physical and mental injuries.

**Purpose of the lesson:** To define the rules of safety on the playground, to analyze the modern requirements for sports equipment, to determine the need for personal hygiene of the athlete.

#### Tasks for independent work in preparation for the lesson

##### Theoretical questions

1. Security on the play court.
2. What should be the sports equipment.
3. Provide safety advice when playing volleyball.
4. The need to comply with sanitary and hygienic requirements.

##### Test tasks

1. What is the main requirement for sports equipment:  
*A. Injury safety \**  
*B. Injury risk*  
*C. Fire safety*  
*D. Not accurate messages*
2. What is required for the prevention of sports injuries:  
*A. Timely control*  
*B. Quality control*  
*C. Timely and efficient control*  
*D. All types of types \**
3. How much should a volleyball weigh:  
*A. 250-270 g*  
*B. 260-280 g \**  
*C. 270-290 g*  
*D. 240-260 g*
4. What protective devices are used in volleyball:  
*A. Knee pads*  
*C. Elbow pads*



- B. Wristbands* *D. All answers are correct \**
5. What is the length of the volleyball net:
- A. 9.5 m \**  
*W. 10.5 m*  
*S. 8.5 m*  
*D. 9.7 m*
6. What material should the ball be made of:
- A. Soft skin \**  
*B. Hard skin*  
*C. Leatherette \**  
*D. Something else*
7. Volleyball players' nails should be:
- A. Long* *C. Neat and short \**  
*B. Short* *D. Depends on the situation*
8. What can cause injury:
- A. Unsatisfactory condition of the material base*  
*B. Failure to comply with sanitary and hygienic requirements for the maintenance of sports facilities*  
*C. Lack or insufficient insurance during exercise*  
*D. All answers are correct \**
9. Use of sports uniforms and shoes:
- A. In everyday life*  
*B. Not recommended for use in everyday life \**  
*C. Shoes - impossible, clothes - sometimes*  
*D. Clothes are impossible, shoes are sometimes impossible*
10. Is it possible to play with a ring on the finger, which has a large stone:
- A. Yes* *C. No \**  
*B. At your own risk* *D. Shoot only at competitions*

### **literature**

#### **Basic:**

1. Methodical recommendations on training and improvement of reception of a ball from giving / comp. I.V. Muschinina, E.G. Gorbachev. - Kiev, 1983. - 38 p.
2. Basics of volleyball / comp. O. Chekhov. - Moscow: Ph S, 1974. - 168 p.
3. Fundamentals of single blocking in volleyball: a method of recommendation // comp. V.S/ Kacharova. - Moscow, 1981. - 58 p.
4. Pimenov M.P. Volleyball / M.P. Pimenov - Kiev: Health, 1975. - 96 p.
5. Tuchynska T.A. Volleyball: educational and methodical manual [Electronic resource] / T.A. Tuchynska, E.V. Rudenko. - Cherkasy: ChNU named after Bohdan Khmelnytsky, 2014. - 76 p.

### **Auxiliary:**

1. Kholopko V.E. Technique of playing volleyball / V.E. Kholopko - Kiev: Health, 1984. - 64 p.
2. Furmanov A.G. Student volleyball / A.G. Furmanov. - Minsk: Higher School, 1983. - 176 p

### **Internet resources**

1. [https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections\\_kurs.pdf](https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf)
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

## **Topic 4. General and special physical training in volleyball. The importance of general and special physical training in volleyball. The value of front and back line players**

**(8 hours)**

**Relevance:** modern volleyball is an athletic game characterized by high motor activity of athletes. Physical training is one of the types of training aimed at the development of the volleyball player's body, improvement of motor skills and abilities. General developmental physical training is aimed at the development of speed, strength, coordination skills, flexibility, endurance. The main means of special physical training are preparatory exercises that allow you to develop physical abilities specific to playing volleyball

**Purpose of the lesson:** disclosure of concepts, techniques of physical training of volleyball players, inseparable connection of general and special physical training of volleyball players.

### **Tasks for independent work in preparation for the lesson**

#### **Theoretical questions**

1. The importance of general physical training.
2. The value of special physical training.
3. Front line players.
4. Back line players.

#### **Test tasks**

1. What factors are associated with the physical training of a volleyball player:  
*A. Tactical training*  
*B. Technical training*  
*C. Psychological training*  
*D. All answers are correct \**

2. The general physical training of volleyball players faces the following tasks:

- A. Increasing athletic performance*
- B. Stimulation of recovery processes*
- C. Expanding the scope of motor skills*
- D. All options provided*

3. Why special physical training promotes:

- A. Development of specific qualities of a volleyball player*
- B. Physical development*
- C. Development of flexibility*
- D. Development of speed and strength*

4. Forms of manifestation of speed in volleyball are:

- A. Ability to react quickly to the ball or the action of opponents*
- B. Ability to start movements quickly*
- C. Ability to quickly perform techniques and their elements*
- D. Everything is true*

5. What unites the special endurance of a volleyball player:

- A. Game endurance*
- B. Speed endurance*
- C. Jumping endurance*
- D. All answers are correct*

6. When jumping, the angle of bending of the knees should be:

- A. 90 °*
- B. 100 °*
- C. 100 ° -150 °*
- D. 90 ° -120 °*

7. What are the three types of speed can be distinguished:

- A. The rate of response to a stimulus*
- B. Speed of movement*
- C. The speed of a single movement*
- D. All the above answers*

8. When performing exercises, the stuffed ball should weigh:

- A. 2 kg*
- B. 5 kg*
- C. 3 kg*
- D. 1.5 kg*

9. What height should be the barriers to jumping:

- A. From 50 to 80 cm*
- D. From 60 to 75 cm*
- B. From 50 to 76 cm*
- C. From 60 to 76 cm*

10. What age is suitable for the development of speed:

- A. 9-14 years
- B. 9-16 years
- C. 10-15 years
- D. 8-16 years

#### **literature**

1. Methodical recommendations on volleyball: for students of all specialties of full-time education. - Kyiv: National Academy of Statistics, Accounting and Auditing, 2012. - 11 p.
2. Volleyball in the program on physical culture in KSASU: methodical manual / comp. Bachenina E.A., Bolotnikov A.A., Kalmanovich V.L., Trusova L.A. - Kazan: KVVKU Publishing House, 2014. - 46 p.
3. Volleyball: educational and methodical manual / T.A. Tuchynska, E.V. Rudenko. - Cherkasy: Bohdan Khmelnytsky National University, 2014. - 76 p.
4. Nosko MO Volleyball in the physical education of students: [textbook] / M.O. Nosko, O.A. Arkhipov, V.P. Jules. - K.: «MP Lesia», 2015. - 396 p.
5. N.Yu. Shchepotina, V.M. Polishchuk Theory and methods of teaching sports games (volleyball): guidelines. Vinnytsia: VSPU, 2019. 48 p.

#### **Internet resources**

1. [https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections\\_kurs.pdf](https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf)
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

### **Topic 5. Features of General Physical Training and Special Physical Training, characteristics of means for the development of physical qualities (strength, speed and speed-strength, agility, endurance, flexibility) in volleyball. (6 hours)**

**Relevance:** Physical training - one of the types of training aimed at the development of the volleyball player's body, improving motor skills and abilities and thus creating a strong functional base for play activities. Effective performance of game techniques depends on the development of jumping, jumping endurance and agility. Performing techniques in the unsupported position is impossible without dexterity and flexibility.

**Purpose of the lesson:** Mastering the techniques and tactical actions of playing volleyball, acquiring the necessary knowledge, skills and abilities for independent pedagogical and organizational work in various parts of physical culture and sports activities.

### Tasks for independent work in preparation for the lesson

## Theoretical questions

1. Features of exercises of general physical preparation.
2. Features of exercises of special physical preparation.
3. Means of developing physical qualities.
4. The development of physical abilities specific to playing volleyball.

## Test tasks

1. Stuffed ball is:
  - A. Volleyball
  - B. Basketball
  - C. Football
  - D. All of the above.
2. Jumping height is:
  - A. 20-40 cm
  - B. 20-65 cm
  - C. 20-80 cm
  - D. 10-80 cm
3. A bag of sand for girls weighs:
  - A. Up to 25 kg
  - B. Up to 40 kg
  - C. Up to 15 kg
  - D. How will it turn out
4. Why promotes the development of general flexibility:
  - A. Reducing the amplitude of movements in all joints
  - B. Increasing the amplitude of movements in all joints
  - C. Decreased range of motion in all muscles
  - D. Increasing the range of motion in all muscles
5. How many series of exercises are performed:
  - A. 4 movements
  - B. 3-4 movements
  - C. 5 movements
  - D. 4-5 movements
6. What is taken into account in the selection of means and methods of speed and strength training:
  - A. Growth
  - B. Gender
  - C. Scales
  - D. Age and gender
7. How many types of speed should be noted:
  - A. Four
  - B. Five
  - C. Eight

*D. Three*

8. What physical qualities need to be developed in a volleyball player:

*A. Speed and power*

*B. Endurance*

*C. Flexibility*

*D. All answers are correct*

9. What is one of the most important aspects for high achievements:

*A. The atmosphere in the team*

*B. Relationship with the coach*

*C. A good base for physical development*

*D. All answers are correct*

10. Choose exercises to develop special flexibility:

*A. Lunges*

*B. Slopes from different starting positions*

*C. Circular movements of the torso*

*D. All answers are correct*

### **literature**

#### **Basic:**

1. Zheleznyak Yu. D. Volleyball. / Yu. D. Zheleznyak, A.V. Ivoilov - M: Physical culture and sports, 1991. –238 p.

2. Platonov V.N. General theory of training athletes in Olympic sports. / V.N. Platonov. - K: Olympic literature, 1997. - 584 p.

3. Filin V.P. The relationship of physical qualities, technical training and sports results of volleyball players. / V.P. Filin. // Theory and practice of physical culture. - 1997. - № 5. - P. 16–20.

4. Shipulin G. Ya. The effectiveness of technical and tactical actions in the competitive activities of highly qualified volleyball players. / G. Ya. Shipulin, O. E. Serdyukov. // Theory and practice of physical culture. - 2001. - № 5. - P. 34–36.

#### **Internet resources**

1. <https://studfile.net/preview/5282931/page:2/>

2. [http://dspace.zsmu.edu.ua/bitstream/123456789/13049/1/%D0%A1%D0%A0%D0%A1%20E2%84%9610\\_%D0%A2%D0%9C%D0%A4%D0%92.pdf](http://dspace.zsmu.edu.ua/bitstream/123456789/13049/1/%D0%A1%D0%A0%D0%A1%20E2%84%9610_%D0%A2%D0%9C%D0%A4%D0%92.pdf)

## **Topic 6. Varieties of techniques in volleyball (8 hours)**

**Relevance:**an important role in volleyball is played by the technical training of the athlete, which includes a set of techniques by which the game is played. The game technique has the following elements: starting positions, innings,

passes, attacking strikes and blocking. The unity of technical and tactical training is achieved by improving the technique of reception in the framework of tactical actions and repeated performance of tactical actions with increasing intensity, which helps to improve the technique.

Purpose of the lesson: the technique of physical training of volleyball players, the inseparable connection of general and special physical training of volleyball players.

### **Tasks for independent work in preparation for the lesson**

#### **Theoretical questions**

1. Technique of the game in defense.
2. Technique of attacking.
3. Types of racks for a volleyball player.

#### **Test tasks**

1. Choose exactly the exercise to: Mastering the individual parts that make up the technique (underwater exercises):

*A. In an attacking shot, it is a 2-3-step run and a vertical take-off with two-legged repulsion, a lead-up and a striking motion on the ball at the optimal jump point.*

*B. Moving in a given way, on a certain section - acceleration, stopping and imitation of techniques.*

*C. Moving in a column along certain boundaries of the site in additional steps of 4 steps*

*D. There is no correct answer.*

2. The method of teaching the technique of the game can include:

*A. Training racks*

*B. Learning to move*

*C. Two-handed transmission training*

*D. All answers are correct*

3. How to move correctly:

*A. Step by step*

*B. An additional step*

*C. Jerk*

*D. All answers are correct*

4. Volleyball technique by the nature of the actions of players is divided into two major sections:

*A. Technique of reception and transmission*

*B. Techniques of defense and attack*

*C. Blocking and feeding technique*

*D. Receiving and serving technique*

5. Technique of defense that allows you to leave the ball in the game after the serve and attacking actions of the opponent
  - A. *Ball service*
  - B. *Receiving the ball*
  - C. *Passing the ball*
  - D. *There is no exact answer*
6. Technique of protection by means of which the way to the ball which flies after attacking blow of the opponent is blocked is:
  - A. *Interception of the ball*
  - B. *Passing the ball*
  - C. *Blocking*
  - D. *There is no exact answer*
7. The basis for the correct execution of the pass of the ball is:
  - A. *Tense hands and fingers apart*
  - B. *Accuracy and speed of the ball*
  - C. *Timely movement to the ball and acceptance of the game rack*
  - D. *All answers are correct*
8. Name the volleyball court lines:
  - A. *Front*
  - B. *Line of attack \**
  - S. *Medium*
  - D. *Lateral*
9. Who may apply to referee for a time-out:
  - A. *Coach*
  - B. *Any player*
  - S. *Captain*
  - D. *Scorer.*
10. Note the incorrect actions:
  - A. *The player touches the ball or opponent in the opponent's space before or during the opponent's attacking strike \**
  - B. *The player enters the opponent's space under the net, interfering with the game of the latter*
  - C. *A player may move to the opponent's court after the ball has left the game*
  - D. *A player touches a net or antenna during his play with the ball or interferes with play*

### **literature**

1. Pimenov M.P. Paleyball. Special exercises. K., 1993. - 188 p.
2. Sports games. Textbook for students of physical education faculties of pedagogical institutes./Ed. A.V. Ivoilov. - H: Osnova, 1993. - 216 s.
3. Hanko V.E., Belous V.I. Volleyball. - K.: Пад. school, 1988. -109 p.



4. Hanko V.E., Maslov V.N. Improving the skills of volleyball players. Kyiv "Health" 1990 - 142 p.
5. Furmanov A.G., Boldarev D.N. Volleyball. - M .; Fis, 1983. - 144

#### **Internet resources**

1. [https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections\\_kurs.pdf](https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf)
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

### **Topic 7. The importance of technique and tactics in volleyball (6 hours)**

**Relevance:** The technique of volleyball players consists of attack techniques: moving, serving, passing, attacking strikes, and defense techniques: moving, receiving the ball from the serve and attacking blow, blocking. There are different ways to perform each reception. The higher and more diverse the skills and abilities of a volleyball player, the greater his tactical capabilities in solving various game tasks.

**Purpose of the lesson:** mastering the techniques and tactical actions of playing volleyball, acquiring the necessary knowledge, skills and abilities for independent pedagogical and organizational work in various parts of physical culture and sports activities.

#### **Tasks for independent work in preparation for the lesson Theoretical questions**

1. Team actions in defense.
2. Tactics of transfers.
3. Tactics of attacking blows.

#### **Test tasks**

1. What do volleyball players do in order to effectively and efficiently perform various exercises:
  - A. *Left alone*
  - B. *Grouped*
  - C. *There are two*
  - D. *There is no correct answer.*
2. What categories are divided into auxiliary exercises:
  - A. *General development*
  - B. *Special*
  - C. *Specific*
  - D. *General developmental and special*
3. Why use special exercises:

- A. To speed up and facilitate learning*
- B. To facilitate learning*
- C. To slow down and make learning more difficult*
- D. To speed up and complicate learning*
- 4. The group of lead exercises includes:
  - A. Intuitive exercises*
  - B. Simulation exercises*
  - C. Nothing is included*
  - D. All of the above answers*
- 5. Tactics and technique of the game are divided into:
  - A. Tactics of attack and tactics of reception*
  - B. Attacking tactics and defense tactics*
  - C. Attack tactics and blocking tactics*
  - D. All the above answers*
- 6. Group tactical actions are performed by players:
  - A. Front line*
  - B. Side line*
  - C. Rear line*
  - D. Front and rear lines*
- 7. To properly organize the actions of the team you need:
  - A. Divide the team into subgroups*
  - B. Distribute functions between players*
  - C. Divide by field*
  - D. There is no correct answer*
- 8. How many libero players can be in the team:
  - A. Four*
  - B. One*
  - S. Five*
  - D. Two*
- 9. Libero players may not participate in:
  - A. Atati*
  - B. Blots*
  - C. Submissions*
  - D. All answers are correct*
- 10. Why promotes special physical training:
  - A. Increasing the level of activity of all body systems of the player*
  - B. Lowering the level of activity of all systems of the player's body*
  - C. Contributes to nothing*
  - D. Rate of metabolism*

### **literature**

1. *"Theory and methods of physical education"* / Under. ed. Ashmarina BA - M., 1990.
2. Vaitsekhovskiy C.M. *Coach M.'s book, "Physical Culture and Sports"*, 1971.
3. Vedmedenko B.F. *Theoretical bases and practice of education of youth by means of physical culture.* —Kyiv, 1993.
4. Gogin O.V. *Athletics: Course of lectures* / Kharkiv State Pedagogical University. G.S. Frying pans. - Kharkiv: "OVS", 2001. - 112 p.
5. *Law of Ukraine "On Physical Culture and Sports"*.

### **Internet resources**

1. [https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections\\_kurs.pdf](https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf)
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

## **Topic 8 The importance of technical and tactical training at the stages of long-term training in volleyball. (8 hours)**

**Relevance:** In the process of improving the technical and tactical training at the stages of long-term training achieve a strong mastery of the techniques of the game. It is very important to ensure the reliability of the skills of performing techniques in both normal and difficult conditions of the game and competition. Improvement of technical and tactical training is carried out taking into account the individual morphofunctional features of athletes, as well as the game function that they perform in their team.

**Purpose of the lesson:** to get acquainted with the values of technical and tactical training at the stages of long-term training in volleyball

### **Tasks for independent work in preparation for the lesson**

#### **Theoretical questions**

1. Technical and tactical training at the stage of initial training.
2. Technical and tactical training at the stage of preparation for higher achievements.
3. Technical and tactical training at the stage of maximum realization of individual capabilities.

### **Test tasks**

1. The process of long-term sports training can be conditionally divided into:  
A. *One stage*  
B. *Two stages*

*C. Four stages*

*D. Three stages.*

2. The first stage includes the period:

*A. From the beginning of training to its end*

*B. From the beginning of sports to the entry of the athlete to the level of higher achievements*

*C. From the beginning of sports to the end of competitions*

*D. No correct answer*

3. Significant differences can also be traced in the amount of:

*A. Training work*

*B. Practical work*

*C. Physical work*

*D. No correct answer*

4. The first stage of long-term training is divided into four stages:

*A. Initial training*

*B. Specialized basic training*

*C. Preliminary basic training*

*D. All answers are correct*

5. The first stage of long-term training is completed:

*A. Athlete's entry to the level of higher achievements*

*B. Demonstration of international results*

*C. No exact answer*

*D. All answers are correct*

6. The duration of this stage is quite stable and in different sports is:

*A. From 6-7 to 9-10 years in women and from 7-8 to 10-11 years in men*

*B. From 6-8 to 9-11 years for women and from 7-9 to 11-15 years for men*

*C. From 6-7 to 10-15 years in women and from 7-8 to 14-17 years in men*

*D. From 8-9 to 10-18 years in women and from 7-8 to 10-17 years in men*

7. The second stage covers the period:

*A. From the athlete to the level of higher achievements to the end of a sports career*

*B. From the athlete to the level of higher achievements to the end of the competition*

*C. From the beginning of sports to the end of a sports career*

*D. No exact answer*

8. The duration of the second stage of long-term training can vary in an extremely wide range:

*A. From 1-2 to 10-15 years no more*

*B. From 2-3 to 10-15 years no more*

*C. From 4-5 to 20-25 years and more*

*D. from 2-3 to 15-20 and more years*

9. In the second stage of long-term preparation it is necessary to allocate stages:

A. *Maximum realization of individual opportunities*

B. *Preservation of achievements*

C. *Gradual decrease in results*

D. *All answers are correct*

10. The duration of the stage of maximum realization of individual capabilities is influenced by:

A. *Various factors*

B. *Several factors*

C. *It does not affect anything*

D. *Sometimes different factors affect, and sometimes not*

#### **literature**

1. *Platonov V.N. The system of training athletes in Olympic sports. General theory and its practical applications: a student for students. higher textbook established phys. education and sports \ V.N. Platonov. - K: Olimpik literature, 2004. - 808 p. - ISBN 966 - 7133 - 64 - 8.*

2. *Matveev L.P. General theory of sport and its applied aspects / LP Matveev. - M: News, 2001. - 334 p.*

#### **Internet resources**

1. [uk.wikipedia.org](http://uk.wikipedia.org)

2. [rofv.org](http://rofv.org)

3. [ukrdoc.com.ua](http://ukrdoc.com.ua)

### **Topic 9 Organization and carrying out of the competition in volleyball. Behavior from hour to hour. (6 hours)**

**Relevance:** Organization of sports wages in volleyball, transfer of planning, preparation of judges, preparation of sports wages, material, financial and medical care. Planning of sporting events Gravelly guilty to lead yourself with the leader, not only in relation to the relationship to the court, but also in relation to the relationship to the other official persons, supernicks, partners in command and glances.

**Purpose of the lesson:** To inform students about the rules of organizing and conducting volleyball competitions.

## **Tasks for independent work in preparation for the lesson**

### **Theoretical questions**

1. Planning of competitions.
2. Preparation of the competition venue.
3. The need for medical support of the competition.

### **Test tasks**

1. Organizers of *competitions* order:
  - A. *Coffee*
  - B. *Lunch*
  - C. *Transport*
  - D. *There is no correct answer.*
2. The mood of the participants of the competitions and the accuracy of the competitions in many cases depends on:
  - A. *Sleep*
  - B. *Lunch*
  - C. *Breakfast*
  - D. *Transport*
3. The bus schedule for all teams is transmitted:
  - A. *Drivers*
  - B. *To the participants*
  - C. *Refereesl Board*
  - D. *All answers are correct*
4. Preparation of sports facilities, equipment and inventory is usually performed by a representative:
  - A. *Teams*
  - B. *Judicial Board*
  - C. *Drivers*
  - D. *Dispatchers*
5. The meeting of coaches and team representatives should be prepared especially carefully to answer the coaches' questions:
  - A. *Clarify the agenda*
  - B. *Resolve the issue of sending participants and judges after the competition*
  - C. *Inform the decision of the plenary commission, thus excluding further claims from the admission of players*
  - D. *All answers are correct*
6. It is possible to use in sports emblems the image of volleyball accessories:
  - A. *The ball*
  - B. *Net*
  - S. *Court*
  - D. *All answers are correct*
7. *Competitions of any rank must be attended by:*

- A. *Coach*
  - B. *Referee*
  - S. *Doctor*
  - D. *All answers are correct*
8. Accredited competition doctor
- A. *In the work of the plenary commission*
  - B. *In the meeting of representatives, coaches*
  - C. *Controls the observance of sanitary and hygienic norms in the places of accommodation*
  - D. *All the above answers*
9. How many times do toss:
- A. *Two*
  - C. *Three*
  - C. *One*
  - D. *Four*
10. As a rule, the following shall be added to the report on the competition:
- A. *Rankings*
  - B. *Composition of the panel of judges*
  - C. *Competition protocols*
  - D. *All answers*

### literature

1. Gubenko L. Ya. Organization and refereeing of volleyball competitions. - M .: FiS, 1988. - P. 7–18.
2. Kleshev Yu. N., Furmanov AG Young volleyball player - M .: FiS, 1979. - P. 224–229.
3. Volleyball. Game rules. - K .: Health. - 1976. - P. 47–51.
4. Airiants A.G. Volleyball: A textbook for institutes of physical culture. - M .: FiS, 1976. - P. 7–12.
5. Kostyukevich V.M. Organization and holding of competitions in sports games. - Vinnytsia: DOV "Vinnytsia", VSPU, 2001. - 216 p.

### Internet resources

1. <http://eprints.cdu.edu.ua/85/1/Pyденко%20мак.pdf>
2. [http://fizkulturamo.at.ua/publ/teoreticheskij\\_material/volejbol/istorija\\_rozvitku\\_volejbolu/6-1-0-2](http://fizkulturamo.at.ua/publ/teoreticheskij_material/volejbol/istorija_rozvitku_volejbolu/6-1-0-2)

## Topic 10 Refereeing in volleyball. Gestures of referees. (8 hours)

**Relevance:** An important part of the preparation of sports competitions of any scale is the timely staffing of judges. Serious attention should be paid to the

selection of the main panel of judges. The Chief Judge, his deputies, the Chief Secretary and the senior judges are selected from among the most qualified and experienced judges. Judges must show with official gestures the reason for their whistles, the nature of the mistake made or the purpose of the break allowed.

**Purpose of the lesson:** Mastering the rules of the game and the work of the referees, the composition of the refereeing team and its responsibilities.

### **Tasks for independent work in preparation for the lesson**

#### **Theoretical questions**

1. Duties of the Technical Delegate.
2. Duties of line judges.
3. Basic gestures of referees in volleyball.

#### **Test tasks**

1. What is the size of the volleyball court:  
A.  $18 \times 9$   
B.  $19 \times 8$   
C.  $18 \times 8$   
D.  $19 \times 9$ .
2. How many meters is the height of the grid for women:  
A. 2.24 m  
B. 2.43 m  
C. 2.33 m  
D. 2.22 m
3. How many players can be on the field at the same time:  
A. 12  
B. 6  
C. 3  
D. 10
4. The team begins to submit:  
A. *After winning the draw*  
B. *After the substitution*  
C. *Once the first has become in place*  
D. *After the first raised his hand*
5. How many zones are there on the site:  
A. 15  
B. 13  
C. 6  
D. 9
6. Why do you need friendly volleyball matches:  
A. *To better develop game skills \**



- B. For the sake of interest*  
*C. To prepare the team for the competition*  
*D. No correct answer*
7. How many points must a team score to win:  
 A. 25  
 B. 22  
 S. 24  
 D 27
8. What do referees use to inform teams:  
 A. *Gestures*  
 B. *The referees must shout loudly*  
 C. *Official gestures*  
 D. *No answer is correct \**
9. How many games does the game consist of:  
 A. *Three or five*  
 B. *Three or seven*  
 C. *Five or two*  
 D. *Five or seven*
10. What does the referee do when there was a mutual error of the teams:  
 A. *Consults with the judging team*  
 B. *Overplays*  
 C. *Asks aloud*  
 D. *All answers are correct*

### **literature**

1. Demchyshyn A.P. Volleyball - A game for everyone. Kyiv: Zdorovya, 1986. 102 p.
2. Kichuk S.F., Sopotnytska.O.V. Volleyball. Teaching technique and technology of judging. Ternopil: TNPU named after V. Hnatyuka, 2012. 104 p.
3. Moving and sports games at school / Demchyshyn A.P., Artyukh ZM, Demchyshyn V.A., Thales IG Kyiv: Education, 1992. 175 p.
4. Official volleyball rules. Kyiv: 2001. 80 p.
5. Training of young volleyball players / Demchyshyn AP and others. Kyiv: Soviet School, 1982. 191 p.
6. Pimenov M.P. Volleyball. Special exercises. Kyiv: 1993. 196 p

### **Internet resources**

1. <http://eprints.cdu.edu.ua/85/1/Руденко%20мак.pdf>
2. [http://fizkulturamo.at.ua/publ/teoreticheskij\\_material/volejbol/istorija\\_rozvitk\\_u\\_olejbolu/6-1-0-2](http://fizkulturamo.at.ua/publ/teoreticheskij_material/volejbol/istorija_rozvitk_u_olejbolu/6-1-0-2)

**Educational edition**

**Physical education and health  
(Elective course)**

***Methodical instructions for independent preparation of students  
V course in specialty 222 «General Medicine»"***

**Compilers:** Shuteev Vyacheslav Vadimovich  
Lobanova Olga Vladimirovna  
Petrukhnov Alexander Dmitrovich

Responsible for the issue of O.B. Lobanova

Editor E.Ye. Deprinda  
Proofreader E.V. Rubtsova  
Computer typesetting O.Yu. Lavrinenko

**Формат А5. Ум. друк. арк. 1,4. Зам. № 21-34102.**

---

**Редакційно-видавничий відділ ХНМУ, пр. Науки, 4, м. Харків, 61022  
izdatknmurio@gmail.com**

Свідоцтво про внесення суб'єкта видавничої справи до Державного  
реєстру видавництв, виготівників і розповсюджувачів видавничої  
продукції серії ДК № 3242 від 18.07.2008 р