

+MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI -51

1	Name of Syllabus	C.C.IN BASIC VOLLEY BALL (404106)																																									
2	Max. Nos of Student	25 students.																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To make aware the people in the field of foot ball rule & regulation																																									
10	Employment Opportunity	He Can work as a Coach.																																									
11	Teacher’s Qualification	Diploma / Certificate holder in concern game.																																									
12	Training System	<table><tr><th colspan="8">Training System Per Week</th></tr><tr><td colspan="2">Theory</td><td colspan="2">Practical</td><td colspan="4">Total</td></tr><tr><td colspan="2">6 Hours</td><td colspan="2">18 Hours</td><td colspan="4">24 Hours</td></tr></table>							Training System Per Week								Theory		Practical		Total				6 Hours		18 Hours		24 Hours														
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13	Exam. System	<table><tr><th>Sr. No.</th><th>Paper Code</th><th>Name of Subject</th><th>TH/PR</th><th>Hours</th><th>Max. Marks</th><th>Mini. Marks</th></tr><tr><td>1</td><td>40410611</td><td>THEORY OF VOLLEY BALL</td><td>TH-I</td><td>3 HRS</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40410621</td><td>TRAINING METHODS</td><td>PR-I</td><td>3 HRS</td><td>100</td><td>50</td></tr><tr><td>3</td><td>40410622</td><td>VOLLEY BALL PRACTICE</td><td>PR-II</td><td>6 HRS</td><td>200</td><td>100</td></tr><tr><td colspan="5">TOTAL</td><td>400</td><td>185</td></tr></table>							Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Mini. Marks	1	40410611	THEORY OF VOLLEY BALL	TH-I	3 HRS	100	35	2	40410621	TRAINING METHODS	PR-I	3 HRS	100	50	3	40410622	VOLLEY BALL PRACTICE	PR-II	6 HRS	200	100	TOTAL					400	185
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THEORY - I AND PRACTICAL - II
VOLLEY BALL

History of volley ball

Rules of volley ball

1. Teams
2. Players line up
3. Player's position
4. Rotation
5. Substitution
6. Ball
7. Ground
8. Posts
9. Net
10. Side bands
11. Antennae
12. Net height
13. Game , set and match
14. Scoring system
15. Service
16. Contacts
17. Blocking
18. Game faults – different faults
19. Intervals
20. Change of court
21. Regulation interruptions

Fundamental skills of volleyball

1. Serving
2. Passing
3. Diving & rolling
4. Setting or boosting
5. Smashing
6. Blocking
7. System of offencenes and defence

Volley ball related terminologies

1. Handling
2. Round – arm service
3. Tennis service
4. Diving
5. Setting or boosting
6. Smashing or volleying
7. Block
8. Rotation
9. Substitution
10. Libero
11. Antennae
12. Attack hit
13. Front zone player
14. Back zone player
15. Holding the ball
16. Dribbling

IMPORTANT VOLLEY BALL TOURNAMENTS

- A. International
 1. World volleyball championship
 2. Olympic volleyball
 3. Asian games volleyball
 4. Commonwealth volleyball
 5. Asian volleyball tournament
- B. National kho-kho championship (men)
 1. National volleyball championship
 2. Junior national volleyball champion
 3. National school games volleyball

Volleyball personalities

1. Sat prakash (Delhi)
2. Nripjit singh (Punjab)
3. Jimmy George (Kerala)

PRACTICAL - I
TRAINING METHODS

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
