

# Postgraduate Certificate

## Volleyball Rules and Team Organization

Endorsed by the NBA





## Postgraduate Certificate

### Volleyball Rules and Team Organization

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techitute.com/ciencias-del-deporte/curso-universitario/reglamento-voleibol-organizacion-equipos](http://www.techitute.com/ciencias-del-deporte/curso-universitario/reglamento-voleibol-organizacion-equipos)

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# 01

# Introduction

Beyond the powerful serves from the back of the court, a block by zone 2 or a floating serve, volleyball is based on the International Volleyball Federation, which establishes the rules and regulates the main competitions and events. Without knowing its structure, its organization and the rules that regulate this sport, there is no real mastery of volleyball. That is why this program is born, which provides students with the most advanced and recent knowledge about the regulations of this sport, the organization of competitions at the highest level and the functions of the main members of a club or team. All in a 100% online format and with the most innovative multimedia content.





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*A 100% online Postgraduate Certificate that goes beyond and immerses you in the most detailed details of the organization of a volleyball team"*

Since the International Volleyball Federation was founded in 1947, it has managed to captivate millions of people who practice or otherwise follow this sport. An institution that has favored its growth, establishing the guidelines that govern the main international competitions and tournaments.

A structure that has led this sport to be what it is today and that marks the course of this Olympic discipline. For this reason, it is necessary that professionals who want to reach the highest level know perfectly both the rules governing the game of this sport, as well as the organizational structure of competitions and the teams themselves.

This is the line in which this advanced Postgraduate Certificate is immersed, taught by professionals with extensive experience both as players and coaches of volleyball. An excellent opportunity to investigate through an advanced syllabus in the functions and signals that shows a referee in a match, the different levels of competition, or the most common tasks of a *Team Manager* or physiotherapist in a first class team.

An intensive yet attractive program thanks to the numerous multimedia didactic resources that make the theory much more enjoyable. In addition, the examples provided offer a practical and close-up vision that students will be able to assimilate more easily.

A great opportunity to grow professionally through a university program that you can take whenever and wherever you want. You only need an electronic device with an Internet connection to be able to visualize, at any time of the day, the syllabus of this program. Without the need for attendance or classes with fixed schedules, TECH facilitates self-management of study time and makes it possible to combine high-level education with daily responsibilities.

This **Postgraduate Certificate in Volleyball Rules and Team Organization**

contains the most complete and up-to-date scientific program in the market.

Its most notable features are:

- ♦ The development of case studies presented by experts in Physical Education and Professional Volleyball.
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice.
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*An ideal academic option for those looking to combine a university program with their daily responsibilities."*

“ *From mini-volleyball to international competitions. A 6-week intensive tour of the world of volleyball today*”

*Forget about long hours of study with the Relearning system, TECH reiterates the key content and you will be able to consolidate the concepts.*

*This program goes a step further and takes you deeper into complex situations enabled by the volleyball rules.*

The program includes in its teaching staff professionals of the sector who pour into this training the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

This Postgraduate Certificate provides students with the most recent and comprehensive knowledge about the rules governing Volleyball, as well as the competition structures and their organization. A broad knowledge that goes beyond the game, but which are themselves an essential part in the development of this sport. In this way, the graduates will obtain a very useful learning in their professional growth in this sport discipline.







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*The detailed videos and case studies will be very useful to understand the actions of the main and assistant referees”*



## General Objectives

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- Plan specific training for the full development of the volleyball player
- Structure general training for the achievement of team objectives
- Apply recovery strategies adapted to the needs of the athlete
- Assess and develop the player's capabilities to bring them to their maximum potential
- Lead the training area in a high level team
- Develop the correct physical preparation of a player





## Specific Objectives

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- Obtain a comprehensive overview of volleyball rules and regulations.
- Learn how national competitions are structured.
- Delve into the structure of international competitions
- Identify the roles of physical trainers, Team Managers and physiotherapists in a volleyball club.



*Learn more about the main functions of a Team Manager in international competitions"*

03

# Course Management

The direction and teaching staff of this Postgraduate Certificate is made up of professionals with extensive experience on and off the court. Their extensive experience and technical qualification as volleyball technicians gives students the security of being able to find in this syllabus the most current information on the Volleyball Rules and Team Organization. A unique opportunity that only TECH offers.



“

*You can resolve any questions you have about the content of this program with an excellent teacher with extensive experience in the world of Volleyball".*

## Management



### Ms. Tabeayo Martínez, Nerea

- ♦ Player of Voley Murcia
- ♦ Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- ♦ Volleyball Coach Level 1

## Professors

### Ms. Rey López, Raquel

- ♦ Volleyball Coach
- ♦ Coach of CV Zalaeta
- ♦ Coach of CV Calasancias
- ♦ Graduated in Business Administration and Management at the University of A Coruña.
- ♦ Volleyball Coach Level 1



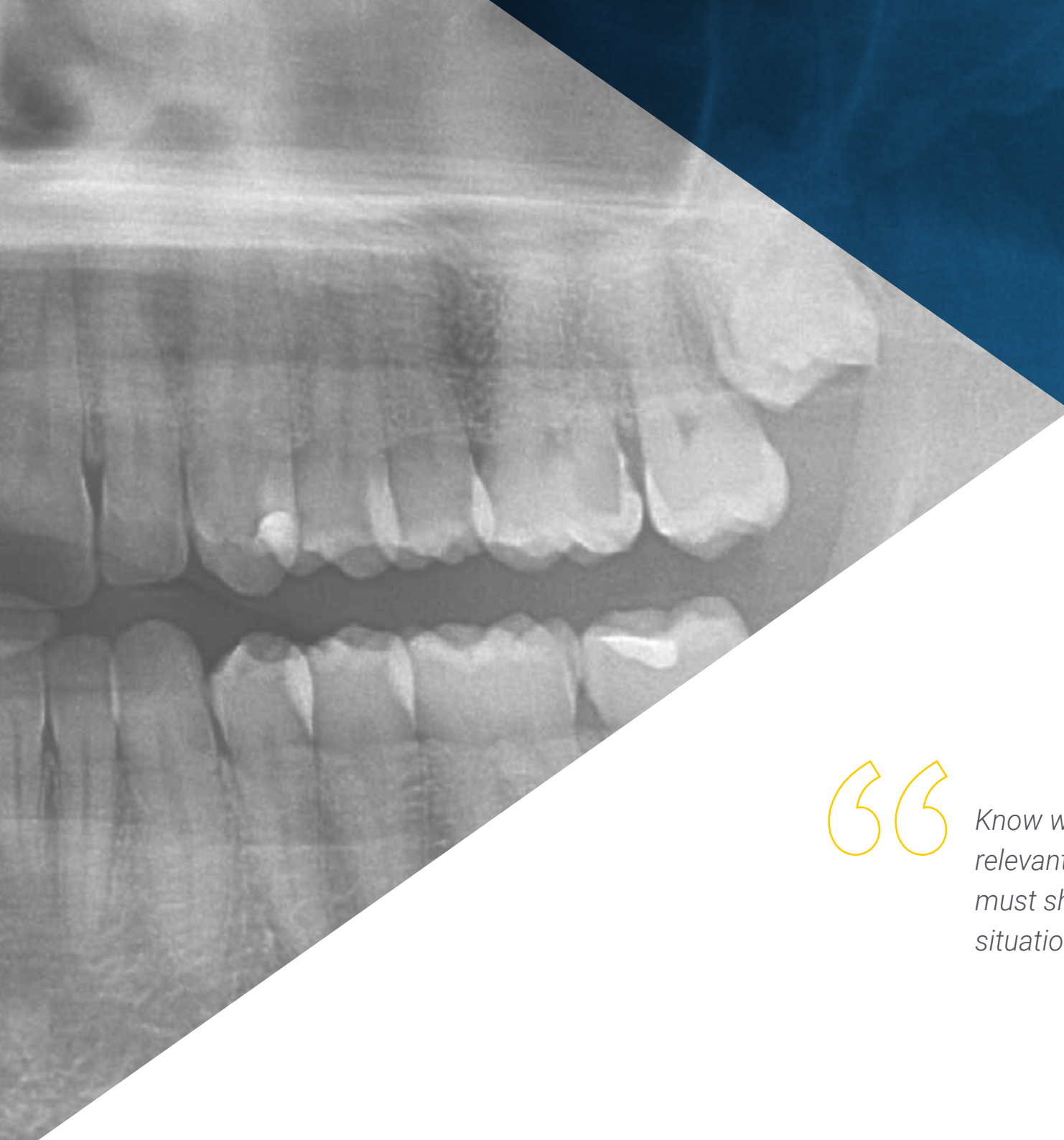
# 04

## Structure and Content

This university program is structured to provide the professionals with the most advanced and recent content on the structures of volleyball teams, the organization and the regulations governing this sport. This way, students will obtain a global vision of this discipline, supported by multimedia didactic material, essential readings and case studies that can be accessed comfortably, 24 hours a day, from any electronic device with an Internet connection.







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*Know which are the most relevant signals that referees must show in special game situations"*

## Module 1. Team structures, organization and rules

- 1.1. Volleyball Regulations
  - 1.1.1. Philosophy of Rules and Referee
  - 1.1.2. Games
  - 1.1.3. Referees, Responsibilities and Signals
  - 1.1.4. Diagrams
  - 1.1.5. Definitions
- 1.2. Interpretation of the Rules: How to Interpret and Apply the Rules in Specific Situations During the Game.
  - 1.2.1. Importance of Knowing the Regulations
  - 1.2.2. Downtime Management
  - 1.2.3. Attention to Your Own and Your Opponent's Equipment
  - 1.2.4. Complex Situations Enabled by the Regulations
- 1.3. Age Categories
  - 1.3.1. Minivolley
  - 1.3.2. Infant
  - 1.3.3. Cadet and Youth
  - 1.3.4. Senior
- 1.4. Competition categories BORRAR
  - 1.4.1. Municipal and regional competitions BORRAR
  - 1.4.2. National competitions BORRAR
  - 1.4.3. Professional national competitions BORRAR
  - 1.4.4. International competitions BORRAR
- 1.5. International Competitions
  - 1.5.1. FIVB Structure
  - 1.5.2. International Combinations
  - 1.5.3. Continental Competitions
  - 1.5.4. International Competitions



- 1.6. Trainer's and Assistants' Duties
  - 1.6.1. Capabilities According to Category
  - 1.6.2. Group Management
  - 1.6.3. Importance of Interdepartmental Communication
  - 1.6.4. Types of Coaches
- 1.7. Functions of the Physical Trainer
  - 1.7.1. What Is It?
  - 1.7.2. Individual Objectives
  - 1.7.3. Collective Objectives
  - 1.7.4. Alternatives in Your Absence
- 1.8. Team Manager Functions
  - 1.8.1. What Is It?
  - 1.8.2. Objectives
  - 1.8.3. Functions
  - 1.8.4. Alternatives in Your Absence
- 1.9. Scoutman Duties
  - 1.9.1. What Is It?
  - 1.9.2. Objectives
  - 1.9.3. Functions
  - 1.9.4. Alternatives in Your Absence
- 1.10. Physiotherapist's Functions
  - 1.10.1. What Is It?
  - 1.10.2. Objectives
  - 1.10.3. Functions
  - 1.10.4. Alternatives in Your Absence

“ *Don't have a scout in your club to provide you with all the statistical analysis of your team? Discover the existing alternatives with this Postgraduate Certificate* ”

# 05 Methodology

This program offers students a different way of learning. Our methodology follows a cyclical learning process: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

### Case Study to contextualize all content

Our program offers a revolutionary method of skills and knowledge development. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a way of learning that is shaking the foundations of traditional universities around the world”*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



### A learning method that is different and innovative.

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to prepare the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically. With this methodology, we have enabled more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your education, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Practicing Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

# Certificate

The Postgraduate Certificate in Volleyball Rules and Team Organization guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Postgraduate Certificate in Volleyball Rules and Team Organization** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Volleyball Rules and Team Organization**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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- » Modality: online
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