

Course Outline

COURSE: ATH 91A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2018 **CURRICULUM APPROVAL DATE:** 10/09/2017

SHORT TITLE: FUND BEACH VB

LONG TITLE: Fundamentals of Beach Volleyball

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
2	18	Lecture:	1	Lecture:	18
		Lab:	3	Lab:	54
		Other:	0	Other:	0
		Total:	4	Total:	72

COURSE DESCRIPTION:

This course offers basic instruction in the theory, strategies, and techniques of beach volleyball for the purpose of preparing the student in the fundamental aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 1 times

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate the basic fundamentals of passing, hitting, setting and serving for 2 player beach volleyball.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Explain the basic offensive and defensive theories, recognize those situations on the beach volleyball court, and react accordingly.

Measure of assessment: discussion, exam, demonstration

Year assessed, or planned year of assessment: 2018

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/09/2017

Lecture Content:

4 Hours

Lecture Content: Introduction and discussion of course syllabus, grading procedures and equipment requirements specific to beach volleyball. Discussion on the unique aspect of playing beach volleyball and the differences between beach and indoor volleyball. Lecture, discussion and video in the fundamental techniques of the float serve and topspin serve will be presented.

Student Performance Objectives: Discuss the course requirements and explain how they will be graded. Explain the differences and similarities between playing beach volleyball and indoor volleyball. Describe the techniques for the float and topspin serve.

4 Hours

Lecture Content: 2 player defense, including defensive position, movement, and team philosophy will be discussed. Situations, philosophies, and strategies involved in various 2 player defenses will be discussed.

Student Performance Objectives: Discuss the strategies involved in 2 player beach volleyball. Develop a team philosophy.

3 Hours

Lecture Content: Presentation on the sets generally utilized when playing 2 player beach volleyball. Discussion on why and when you would serve a particular player.

Student Performance Objectives: Discuss the sets commonly used for 2 player beach volleyball. Explain the reason why and when you would serve a certain player.

5 Hours

Lecture Content: Lecture, discussion, and testing on the basic rules of the sport of 2 player beach volleyball. A written test on the rules will be included. Semester review.

Student Performance Objectives: Discuss the rules of 2 player beach volleyball. Participate in a written exam on the rules of play.

2 Hours

Final

Lab Content:

12 Hours

Lab Content: Conditioning and stretching specific to moving in the sand will be presented. Presentation on the fundamentals of passing and setting; including the stance, footwork and mechanics involved in each skill. Basic serving fundamentals will be introduced. Guided practice in the fundamental techniques of the float serve and topspin serve will be presented.

Student Performance Objectives: Demonstrate the proper care and use of equipment. Demonstrate the correct stretching and conditioning methods specific to moving in the sand. Demonstrate and explain the basic fundamentals involved in passing, setting and serving.

12 Hours

Lab Content: Presentation on the fundamental mechanics involved in hitting, including the approach, arm swing, follow through, and wrist snap will be introduced. Demonstrations, video, live games, and guided practices will be utilized.

Student Performance Objectives: Analyze the various techniques involved in executing a spike. Explain and demonstrate general defensive techniques specific to playing 2 person beach volleyball. Perform various defenses in drill and scrimmage situations.

9 Hours

Lab Content: Demonstration and practice of the different sets to hit; such as a 5 (high backset), 4 (high outside), 3 (shoot to middle), 2 (high middle), and 1 (quick middle).

Student Performance Objectives: Demonstrate different sets in practice and game situations.

15 Hours

Lab Content: Inter-class play, including tournament play. Student skills and their ability to execute in offensive and defensive situations will be evaluated during game play.

Student Performance Objectives: Demonstrate their skills, offensive and defensive positioning, and the rules of the game for 2 player beach volleyball through inter-class play and by umpiring/refereeing.

2 Hours

METHODS OF INSTRUCTION:

lecture, demonstration, discussion, multi-media, guided practice

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 8

Assignment Description: Out of Class Assignments: Homework: Students will watch a practice and write a description of the passing and setting drills used. Using a video, students will evaluate their serving technique.

Required Outside Hours: 8

Assignment Description: Out of Class Assignments: Homework: Students will attend a 2 player beach volleyball match and analyze hitting techniques. They will make a list of the fundamental hitting techniques observed which will be discussed in class. Students will watch a 2 player beach volleyball match (either live or on video) and share observations of defensive techniques with fellow classmates. They will watch a collegiate level 2 player beach volleyball match and chart what the defensive strategies are and how successful or unsuccessful it is. Students will also note what adjustments are or are not being made and how this affects the match outcome.

Required Outside Hours: 6

Assignment Description: Out of Class Assignments: Homework: Students will watch and evaluate players in a match situation, analyzing the effectiveness or failures of various sets.

Required Outside Hours: 10

Assignment Description: Out of Class Assignments: Homework: Students will analyze a referee and/or umpire's performance. They will watch a match and write a critique utilizing the information gained in class. They will meet in groups to review for the written and practical final.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Written Homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201830

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 4

Minimum Hours: 4

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000