

Course Outline

COURSE: KIN 122A **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2018 **CURRICULUM APPROVAL DATE:** 11/13/2017

SHORT TITLE: BEACH VB - BEG

LONG TITLE: Beach Volleyball - Beginning

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
.5 OR 1	18	Lecture:	0	Lecture:	0
		Lab:	1.5 OR 3	Lab:	27 OR 54
		Other:	0	Other:	0
		Total:	1.5 OR 3	Total:	27 OR 54

COURSE DESCRIPTION:

Coeducational activity designed for students wanting to learn the beginning skills of beach volleyball. Includes the basic skills of passing, setting, hitting and serving as well as the rules. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

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

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate the correct techniques for passing, setting, hitting and serving for beach volleyball.
 Measure of assessment: demonstration
 Year assessed, or planned year of assessment: 2019
 Semester: Spring

2. Explain and practice the rules of 2 player beach volleyball.

Measure of assessment: discussion, exam, demonstration

Year assessed, or planned year of assessment: 2019

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

Curriculum Approval Date: 11/13/2017

4.5 - 9 Hours

Content: Course overview, including learning outcomes, course requirements and grading. Discussion on the differences between playing volleyball in the sand vs. on a solid surface. Passing - hand/arm position, contact point, body position and the footwork used in beach volleyball - will be demonstrated and practiced. Incorporate a variety of passing drills for practice purposes, such as the shuttle drill, into the class sessions.

Student Performance Objectives: Demonstrate the correct techniques for passing a volleyball in the sand. Discuss the footwork required for passing a volleyball in the sand.

4.5 - 9 Hours

Content: Review passing. Introduce and practice the techniques for the underhand serve and overhand serve - hand position, ball contact point and toss used in beach volleyball. Introduce the beach volleyball rules that relate to passing and to serving.

Student Performance Objectives: Demonstrate the proper techniques for the underhand serve and overhand serve used in beach volleyball. List and utilize the beach volleyball rules that pertain to passing and to serving.

4.5 - 9 Hours

Content: Review the underhand serve and overhand serve. Introduce setting - hand and elbow position, follow through and footwork - used in beach volleyball. Introduce the basic elements of the beach volleyball spike - the approach, the jump, and the contact. Present the beach volleyball rules that relate to these skills, such as ball handling - double contact - and net violations. Utilize a variety of activities, including pepper, to practice these skills.

Student Performance Objectives: Demonstrate the correct techniques for setting and for hitting used in beach volleyball. Explain and utilize the beach volleyball rules that relate to setting and to hitting.

4.5 - 9 Hours

Content: Review setting and hitting. Presentation on the other rules related to beach volleyball, such as scoring, side changes, and timeouts. Incorporate drills to practice the skills learned to date. Utilize modified game play to practice the rules.

Student Performance Objectives: Participate in class activities. Discuss and apply the beach volleyball rules used during modified game play. Demonstrate the correct techniques for the beach volleyball skills performed.

7.5 - 15 Hours

Content: Continue to work on skill building by practicing the basic beach volleyball skills - passing, underhand serve, overhand serve, setting and hitting - in a variety of drill and modified game activities. Practice the correct beach volleyball rules during all class activities.

Student Performance Objectives: Utilize the correct beach volleyball skill techniques when passing, serving, setting and hitting. Apply the beach volleyball rules used during modified class play. Participate in class activities.

2 Hours

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

OUT OF CLASS ASSIGNMENTS:

Assignment Description: As this is a lab course, no out of class assignments are required.

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Demonstration

Objective examinations

Percent of total grade: 20.00 %

10% - 20% Exam: Multiple Choice, True/False, Matching, Short Answer

Other methods of evaluation

Percent of total grade: 40.00 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201870

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: 3

Minimum Hours: 1.5

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000