



5055 Santa Teresa Blvd  
Gilroy, CA 95023

### Course Outline

**COURSE:** ATH 90                      **DIVISION:** 40                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Summer 2024                      **CURRICULUM APPROVAL DATE:** 05/14/2024

**SHORT TITLE:** INTERCOLLEGIATE BEACH VB

**LONG TITLE:** Intercollegiate Beach Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 OR 3	18	Lecture:	0	0
		Lab:	7.5 OR 10	135 OR 180
		Other:	0	0
		Total:	7.5 OR 10	135 OR 180

Out of Class Hrs:	000.00
Total Learning Hrs:	135.00 OR 180.00

#### **COURSE DESCRIPTION:**

This course provides practice and competition in intercollegiate beach volleyball for women. Before participating, students must have competed a physical exam and their athletic eligibility paperwork. May be repeated three times 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 3 times

## **SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

## **STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Demonstrate the offensive skills of serving, setting, and hitting and the defensive skills of blocking, passing, and digging as it relates to beach volleyball.
2. Implement game strategies specific to an opponent. Recognize the various offensive and defensive doubles strategies being utilized and react accordingly.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Execute a variety of conditioning and skill drills specific to movement in the sand and in preparation for beach volleyball.
2. Demonstrate skill techniques specific to the individual's role/roles.
3. Demonstrate individual and option attacks and execute fundamentally sound defensive skills.

## **COURSE CONTENT:**

Curriculum Approval Date: 05/14/2024

20 - 30 Hours

Content: Discussion of course requirements/expectations of the class. Stretching and conditioning activities specific to beach volleyball will be presented. Conditioning drills designed for improving beach volleyball skills will be introduced. This may include such activities as: shuttling drills, agility footwork, passing drills, and run-throughs. Students who repeat the class will be provided a leadership opportunity by the instructor. They will have their skills or proficiencies enhanced by supervised repetition and practice.

32 - 42 Hours

Content: Development of individual and team skills required for beach volleyball. This may include working on 2-person passing and hitting schemes. Continue working on conditioning drills and skills required to compete in beach volleyball. Introduce/review the offensive and defensive schemes that will be used throughout the season. Implement offense (set location and tempo) and defense (read and rotation). Discussion and practice of offensive and defense responsibilities. Students who repeat this course will become more proficient in these skills through repetition of the drills. They will be able to explain the strategies involved in the sport as well as demonstrate improvement in their consistency.

**COURSE CONTENT (CONTINUED):**

76 - 96 Hours

Content: Formulate and execute a game plan specific to that week's opponent(s). Students who repeat the course will improve on consistency and increase their success rate.

NOTE: The daily class schedule will generally utilize the following format:

---warm up (stretching and conditioning)

---skill work (such as passing, setting)

---individual work on skills/techniques broken down into small groups by position (examples being serve receive options, hitting drills, and block and transition footwork)

---team drills (implementing/reviewing offensive and defensive situations, may include scrimmage)

NOTE: A week is typically broken into:

---Monday - conditioning, fundamentals work on passing and hitting and serving and receiving

---Tuesday - skill work on passing, hitting, and competitive situation drills

---Wednesday - intercollegiate competition

---Thursday - individual and team work on passing, blocking and transition, serving, and defense.

---Friday - intercollegiate competition

5 - 10 Hours

Content: Individual meetings/evaluations of each player with the coach/instructor.

2 Hours

Final Exam.

NOTE: Intercollegiate athletics at Gavilan College is conducted according to the regulations of the California Community College Athletics Association and under the supervision of the Coast Conference.

**METHODS OF INSTRUCTION:**

Demonstration, Video, Discussion, Small Group Activities

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 60

Evaluation Description

Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

Multiple Choice,

True/False,

Matching Items,

Completion

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

Not Transferable

UC TRANSFER:

Not Transferable

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 2 Stand-alone

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:

Minimum Hours:

Course Control Number: CCC000558834

Sports/Physical Education Course: Y

Taxonomy of Program: 083550