



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** ATH 91A

**DIVISION:** 40

**ALSO LISTED AS:**

**TERM EFFECTIVE:** Spring 2023

**CURRICULUM APPROVAL DATE:** 05/09/2023

**SHORT TITLE:** FUND BEACH VB

**LONG TITLE:** Fundamentals of Beach Volleyball

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72
		Total Learning Hrs:	108	

#### **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
- 04A - Laboratory - LEH 0.65
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73A - Dist. Ed Internet LAB-LEH 0.65

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the basic fundamentals of passing, hitting, setting and serving for 2 player beach volleyball.
2. Explain the basic offensive and defensive theories, recognize those situations on the beach volleyball court, and react accordingly.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the correct stretching and conditioning methods specific to moving in the sand.
2. Discuss the strategies involved in 2 player beach volleyball.
3. Explain and demonstrate general defensive techniques specific to playing 2 person beach volleyball.
4. Explain the reason why and when you would serve a certain player.
5. Demonstrate their skills, offensive and defensive positioning, and the rules of the game for 2 player beach volleyball through inter-class play.

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

Curriculum Approval Date: 05/09/2023

### 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.

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.

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.

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.

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.

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.

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).

19 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.

2 Hours

Final

**METHODS OF INSTRUCTION:**

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

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours 10

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 12

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

Evaluation Percent 10

Evaluation Description

10% - 20% Written Homework

Skill demonstrations

Evaluation Percent 50

Evaluation Description

40% - 60% Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

10% - 20% Multiple Choice, True/False, Matching, Completion

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

20% - 40% Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

CSU E, effective 201830

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:

Minimum Hours:

Course Control Number: CCC000587352

Sports/Physical Education Course: Y

Taxonomy of Program: 083550