

Course Outline

COURSE: ATH 91B **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 review and advanced instruction in the theory, strategies, and techniques of beach volleyball for the purpose of preparing the student in all 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. **ADVISORY:** ATH 91A.

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
- 05 - Hybrid
- 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 advanced skills specific to passing, setting, hitting, serving and blocking for 2 player beach volleyball.
2. Recognize and analyze advanced strategies and a variety of offensive and defensive situations and apply them on the beach volleyball court.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Explain and demonstrate a run-through and dive.
2. Discuss and demonstrate the dink, tip, roll, and cut shots.
3. Demonstrate their skills (including blocking), offensive and defensive positioning, and the rules of the game for 2 player beach volleyball through inter-class play and by umpiring/refereeing.

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 review of equipment needs. More detailed information in the essential fundamentals of passing and setting, including the stance, foot positions and mechanics involved in each skill will be discussed. Advanced serving fundamentals including stance, ball toss, arm swing, contact point, and approach will be presented. Lecture, discussion and film will be utilized. In addition to reviewing the float and topspin serve, advanced serves such as the jump serve and one foot jump floater will be discussed.

4 Hours

Lecture Content: Presentation on hitting and the strategies of placing the spike for 2 player beach volleyball. Discussion on who should play which side (right or left) and who should serve first.

3 Hours

Lecture Content: Continue presentation on hitting, specifically off speed attacks. Discussion on the dink, tip, roll, and cut shots; including the techniques and rules.

5 Hours

Lecture Content: Review of the rules of 2 player beach volleyball. Lecture, discussion, and test on the rules. Presentation on blocking. Semester review.

2 Hours

Final

LAB CONTENT:

12 Hours

Lab Content: Additional conditioning and stretching required for beach volleyball. Advanced passing and setting. More detailed instruction in the essential fundamentals of passing and setting, including the stance, foot positions and mechanics involved in each skill. Advanced serving. Advanced serving fundamentals including stance, ball toss, arm swing, contact point, and approach will be presented. Guided practice will be utilized. In addition to reviewing the float and topspin serve, advanced serves such as the jump serve and one foot jump floater will be taught.

12 Hours

Lab Content: Advanced hitting. Advanced fundamental mechanics involved in hitting such as the one foot approach with different hitting options will be presented. Advanced defense. Defensive position, movement, and team philosophy will be reviewed. Defensive drills such as run through and diving will be introduced.

9 Hours

Lab Content: Demonstration on the various off speed shots. Continue to practice hitting different sets (1 - 5).

19 Hours

Lab Content: Introduce blocking, including form and footwork. Inter-class play, which may include a tournament. A student's ability to execute advanced skills and offensive and defensive schemes will be evaluated.

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 develop a list of stretching and conditioning exercises specific to moving in the sand, explaining the specific benefits to beach volleyball players. They will watch several beach volleyball matches and write descriptions of the advanced setting and passing skills shown. The students will have someone video-tape them performing the jump and one foot jump floater serves so they can 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 advanced hits used, which will be discussed in class. Students will watch a 2 player beach volleyball match and/or videos and share observations of defensive techniques. They will watch a collegiate level 2 player beach volleyball match and chart what skills each of the players utilizes for defense. They will also note what defensive adjustments are being made.

Required Outside Hours 6

Assignment Description

Out of Class Assignments: Homework: Students will watch and evaluate players in a match situation, analyzing the effectiveness of various offensive attacks, especially the off speed shots.

Required Outside Hours 12

Assignment Description

Out of Class Assignments: Homework: Students will analyze a referee and/or umpires performance. They will watch a match and write a critique utilizing the information gained in class. Outside of class students will meet to review for the written and/or 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:

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: CCC000587353

Sports/Physical Education Course: Y

Taxonomy of Program: 083550