

Course Outline

COURSE: ATH 91B **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 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

STUDENT LEARNING OUTCOMES:

1. Demonstrate advanced skills specific to passing, setting, hitting, serving and blocking for 2 player beach volleyball.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Recognize and analyze advanced strategies and a variety of offensive and defensive situations and apply them on the beach volleyball court.

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 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.

Student Performance Objectives: Explain the proper techniques for passing, setting and serving. Describe the balls actions for the topspin and float serves.

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.

Student Performance Objectives: Discuss the offensive strategies for 2 player beach volleyball. Explain the reasons for deciding which player should play which side 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.

Student Performance Objectives: Explain the techniques involved in hitting the different off speed shots. Discuss the rules that govern each type of off speed shot.

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.

Student Performance Objectives: Explain the rules of the game. Describe the proper techniques for blocking.

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.

Student Performance Objectives: Utilize the correct methods of stretching and participate in conditioning drills related to moving in sand. Demonstrate and verbally explain the fundamentals involved in advanced passing and setting. Demonstrate the jump serve and one foot jump floater.

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.

Student Performance Objectives: Analyze the various skills involved in executing all types of hits. Demonstrate run through and diving. Situations, philosophies, and strategies involved in various defensive situations will be explained.

9 Hours

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

Student Performance Objectives: Demonstrate the dink, tip, roll, and cut shots. Participate in drills which practice hitting shots of a variety of sets used in 2 player beach volleyball matches.

15 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.

Student Performance Objectives: 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.

2 Hours

Final

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 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: 10

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

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

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