



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 05/13/2025

SHORT TITLE: BEACH VB - BEG

LONG TITLE: Beach Volleyball - Beginning

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

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

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.

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

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Explain and practice the rules of 2 player beach volleyball.
2. Explain and utilize the beach volleyball rules that relate to setting and to attacking.
3. Explain and demonstrate the correct techniques for the beach volleyball skills performed.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the correct/appropriate techniques for all of the beach volleyball skills performed.
2. Apply the beach volleyball rules used during modified class play.
3. Utilize the correct beach volleyball skill techniques when passing, serving, setting and attacking.
4. Demonstrate the proper techniques for the underhand and overhand serves used in beach volleyball. List and utilize the beach volleyball rules that pertain to passing, attacking, and serving.
5. Demonstrating different shots (i.e.: cut shot, deep or short roll shots, wrist direction shots, pokey).
6. Demonstrate recognizing attack zones.
7. Demonstrate hitting the ball into the court for 80% of attacks.
8. Demonstrate serving the ball in-bounds in at least 80% of service attempts (at least 8 out of 10 times).
9. Demonstrate proper setting techniques and mechanics to set a ball with platform and/or hands.
10. Demonstrate the footwork required for passing a volleyball in the sand.
11. Demonstrate understanding of 2-person defense shifts through performance using signals and verbal cues.
12. Demonstrate correct techniques for passing a volleyball in the sand.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

4.0 - 9 Hours

Content: Course overview, including learning outcomes, course requirements and grading. Discussion on the differences between playing volleyball in the sand versus on a solid surface. Passing - hand/arm position, contact point, body position and efficient 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.

4.5 - 9 Hours

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

4.5 - 9 Hours

Content: Review the underhand and overhand serves. Introduce setting - hand, arms, and body positioning, follow through, and footwork - used in beach volleyball. Introduce the basic elements of the beach volleyball attack - the approach, jump, and the contact point. Present the beach volleyball rules that relate to these skills, such as ball handling, double contacts, illegal sets and attacks, and net violations. Utilize a variety of activities, including pepper, to practice these skills.

4.5 - 9 Hours

Content: Review setting and attacking. 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.

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 attacking - in a variety of drill and modified game activities. Practice the correct beach volleyball rules during all class activities.

2 Hours

Final Exam.

METHODS OF INSTRUCTION:

Guided practice; demonstration; & discussion

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

30% - 60% Demonstration

Objective examinations

Evaluation Percent 20

Evaluation Description

10% - 20% Exam: Multiple Choice, True/False, [verbal] Short Answer

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

30% - 60% Requires student attendance and participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E

GAV Area 7 = Life Learn & Dev

CSU GE:

CSU E

IGETC:

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

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: CCC000588313

Sports/Physical Education Course: Y

Taxonomy of Program: 127000