



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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## Course Outline

**COURSE:** KIN 122B

**DIVISION:** 40

**ALSO LISTED AS:**

**TERM EFFECTIVE:** Summer 2026

**CURRICULUM APPROVAL DATE:** 05/13/2025

**SHORT TITLE:** BEACH VB - INTER

**LONG TITLE:** Beach Volleyball - Intermediate

<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

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Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

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### COURSE DESCRIPTION:

Coeducational activity designed for students wanting to learn the intermediate skills of beach volleyball. This course provides the student with the opportunity to refine and perfect their beach volleyball techniques and to work on transition skills and blocking. It also provides an introduction to the game format for doubles beach volleyball. 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. Demonstrate the correct techniques for serving, overhead passing, digging, setting, hitting, and blocking for beach volleyball.
2. Develop and demonstrate an array of beach volleyball attacking techniques

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Be proficient in setting the ball to a hitter either using platform or hands setting.
2. Apply the beach volleyball rules during class play.
3. Utilize correct doubles positioning and responsibilities during beach volleyball game play.
4. Demonstrate the techniques related to hitting around the blocker when playing beach volleyball.
5. Discuss the basic offensive and defensive positioning and responsibilities for doubles beach volleyball.
6. Understand the beach volleyball rules related to offensive attacks including recognition of illegal attacks (open hand tips; double contacts; non-facing sets; net violations).
7. Demonstrate the techniques for poking, roll shots, cut shots and blocking for beach volleyball.
8. Be proficient in at least one service style.
9. Demonstrate at least one of the following service styles with 80% success into the court: floater; jump float; top spin; jump-top spin.
10. Explain the beach volleyball rules related to passing and digging using hands instead of platform.
11. Explain why passing and digging with the platform is recommended over passing with hands in beach volleyball.
12. Demonstrate the proper techniques for the overhand pass (passing with hands; "tomahawk").

**COURSE CONTENT:**

Curriculum Approval Date: 05/13/2025

4 - 9 Hours

Content: Course overview, including learning outcomes, course requirements and grading. Introduce several beach volleyball conditioning drills. Review passing and introduce the overhand pass - hand position and body position. Discuss when and why each of these passes would be utilized when playing beach volleyball. Introduce digging, including the stance and footwork used in beach volleyball. Incorporate these skills using a variety of practice drills. Discuss the beach volleyball rules related to the overhand pass and dig.

4.5 - 9 Hours

Content: Review the overhand pass and the dig as well as the underhand and overhand serve. Introduce the following serves: jump serve, floater and top spin. Incorporate transition of skills into practice opportunities. Continue to work on skill building by incorporating a variety of beach volleyball activities which allow the students to practice all skills learned to date.

4.5 - 9 Hours

Content: Review all skills learned to date. Review setting and hitting and incorporate the transition of skills, such as passing to hitting or passing to setting, into a variety of drills, such as the Triangle Warm-Up Drill or Pepper to practice one's beach volleyball skills. Introduce tipping, roll shots, and cut shots into the hitting drills. Discuss the beach volleyball rules related to tipping, roll shots, and cut shots. Presentation on blocking, including hand and arm positioning and footwork as it relates to playing in the sand. Discuss the beach volleyball rules related to blocking.

4.5 - 9 Hours

Content: Presentation on the basic positioning and responsibilities for doubles beach volleyball, including serve receive. Incorporate modified beach volleyball game play to practice all skills and rules learned to date. Demonstration on hitting around the blocker when playing beach volleyball.

7.5 - 16 Hours

Content: Continue to practice all beach volleyball skills - passing, digging, serving, setting, hitting and blocking - in a variety of beach volleyball drill and game activities. Work on improving the transition of skills - passing to setting, blocking to digging, setting to hitting, etc.

2 Hours

**METHODS OF INSTRUCTION:**

Guided practice; demonstration; discussion; competitive situations.

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 40

Evaluation Description:

Demonstration

Objective examinations

Evaluation Percent 20

Evaluation Description:

Exam: Multiple Choice, True/False, Matching, Short Answer

Other methods of evaluation

Evaluation Percent 40

Evaluation Description:

Requires student participation

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

GAV GE:

GAV E

GAV Area 7

CSU GE:

CSU E

IGETC:

CALGETC:

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

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: CCC000588314

Sports/Physical Education Course: Y

Taxonomy of Program: 127000