

Course Outline

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

TERM EFFECTIVE: Fall 2018 **CURRICULUM APPROVAL DATE:** 11/13/2017

SHORT TITLE: BEACH VB - INTER

LONG TITLE: Beach Volleyball - Intermediate

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

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.

PREREQUISITES:

COREQUISITES:

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

STUDENT LEARNING OUTCOMES:

1. Demonstrate the correct techniques for overhead passing, digging and blocking for beach volleyball.
 Measure of assessment: demonstration
 Year assessed, or planned year of assessment: 2019

Semester: Spring

2. Develop and demonstrate an array of beach volleyball spike techniques (shots).

Measure of assessment: discussion, exam, demonstration

Year assessed, or planned year of assessment: 2019

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

Curriculum Approval Date: 11/13/2017

4.5 - 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.

Student Performance Objectives: Demonstrate the proper techniques for the overhand pass. Explain when and why the overhand pass vs. the underhand pass would be used when playing beach volleyball. Explain the beach volleyball rules related to the overhand pass and dig. Participate in class activities.

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.

Student Performance Objectives: Demonstrate the jump serve, floater and top spin serves. Utilize a variety of serves during class drills. Participate in class activities.

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.

Student Performance Objectives: Demonstrate the techniques for tipping, roll shots, cut shots and blocking for beach volleyball. Explain the beach volleyball rules related to tipping, roll shots, cut shots and blocking. Demonstrate proper beach volleyball techniques when utilizing volleyball skills during class activities.

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.

Student Performance Objectives: Discuss the basic positioning and responsibilities for doubles beach volleyball. Demonstrate the techniques related to hitting around the blocker when playing beach volleyball. Participate in class activities utilizing proper beach volleyball skills.

7.5 - 15 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.

Student Performance Objectives: Utilize correct doubles positioning and responsibilities during beach volleyball game play. Apply the beach volleyball rules during class play. Participate in class activities.

2 Hours

METHODS OF INSTRUCTION:

guided practice, demonstration, discussion

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

11/8/2017

Assignment Description: As this is a lab course, no out of class assignments are required.

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Demonstration

Objective examinations

Percent of total grade: 20.00 %

10% - 20% Exam: Multiple Choice, True/False, Matching, Short Answer

Other methods of evaluation

Percent of total grade: 40.00 %

30% - 60% Requires student participation.

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201870

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: 3

Minimum Hours: 1.5

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000

