

**Course Outline**

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

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

**SHORT TITLE:** BEACH VB - ADV

**LONG TITLE:** Beach Volleyball - Advanced

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 advanced skills of beach volleyball. Includes defensive and offensive strategies and game situations for doubles beach volleyball. Conditioning drills specific to playing in the sand as well as nutritional information will be included. 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. Explain and demonstrate the defensive strategies utilized in doubles beach volleyball.

Measure of assessment: discussion, exam, demonstration

Year assessed, or planned year of assessment: 2019

Semester: Spring

2. Explain and demonstrate the offensive strategies utilized in doubles beach volleyball.

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. Review and practice the techniques for passing, digging, setting, hitting, blocking and serving used for doubles beach volleyball. Introduce conditioning drills specific to playing beach volleyball.

Student Performance Objectives: Utilize a variety of beach volleyball skills in class activities. Demonstrate three types of serves used when playing doubles beach volleyball and serve them for accuracy.

4.5 - 9 Hours

Content: Review the basic positioning and responsibilities for doubles beach volleyball, including serve receive. Discussion on the importance of communicating with your doubles partner - verbal and/or by hand signals. Incorporate a variety of game situational drills to practice beach volleyball techniques and positioning.

Student Performance Objectives: Utilize a variety of beach volleyball skills during class activities. Discuss and demonstrate how to communicate with your doubles beach volleyball partner. Participate in class drills.

4.5 - 9 Hours

Content: Presentation on defensive strategies for doubles beach volleyball. Incorporate various drills which show players how to maximize their defensive coverage. Presentation on offensive strategies for doubles beach volleyball, such as the quick set. Incorporate various offensive drills which teach players how to develop court vision.

Student Performance Objectives: Demonstrate the quick set. Discuss and demonstrate how a beach volleyball doubles team can maximize their court coverage. Discuss the skills that can be developed to help you see where the defense is as you are hitting the volleyball.

4.5 - 9 Hours

Content: Presentation on the importance of practicing good nutritional habits, especially for those with an active life. Continue to work on skill building using a variety of situational beach volleyball doubles drills. Practice strategies specific to blocking in doubles, such as blocking the ball, the angle, or the line. Practice strategies specific to serving in doubles, such as serving to the worst passer, serving to the worst hitter, and serving to the middle of the 2 players.

Student Performance Objectives: List some examples of good nutritional habits that you currently practice and/or could practice. Participate in class activities. Perform a variety of blocking strategies for doubles beach volleyball. Practice a variety of serving strategies for doubles beach volleyball.

7.5 - 15 Hours

Content: Continue working on all techniques, as well as defensive and offensive strategies used when playing doubles beach volleyball. Provide a variety of beach volleyball conditioning drills, skill drills, game-like situations and game play for practice purposes. Introduction to 2 player beach volleyball tournament play format.

Student Performance Objectives: Apply the skills, rules, scoring and strategies in doubles beach volleyball game play. Participate in class activities, which may include a tournament.

2 Hours

### **METHODS OF INSTRUCTION:**

guided practice, demonstration, discussion

### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours:

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

**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