



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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## Course Outline

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

**TERM EFFECTIVE:** Summer 2026

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

**SHORT TITLE:** BEACH VB - ADV

**LONG TITLE:** Beach Volleyball - Advanced

<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 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.

**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 demonstrate the defensive strategies, including signals and verbal cues, utilized in doubles beach volleyball.
2. Explain and demonstrate the offensive strategies, including verbal cues, utilized in doubles beach volleyball.
3. Be able to compete using defensive and offensive strategies in games to 21, adhering to beach volleyball rules.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Participate in class activities, which may include matches against other schools.
2. Apply the skills, strategies, scoring, and rules in doubles beach volleyball game play.
3. Discuss and demonstrate serving strategies for beach volleyball.
4. Perform a variety of defensive strategies, including blocking schemes, for doubles beach volleyball.
5. Display awareness of opponents' positions while on offense.
6. Discuss and demonstrate how to maximize beach court coverage defensively as a duo (pair).
7. Demonstrate the different set tempos, including the first- and second-tempo sets.
8. Discuss and demonstrate how to effectively communicate offensive and defensive schemes with your doubles beach volleyball partner.
9. Demonstrate ability to serve at least two serving styles (float; jump-float; top spin; jump top-spin; and sky-ball).

**COURSE CONTENT:**

Curriculum Approval Date: 05/13/2025

4 - 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.

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.

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.

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.

7.5 - 16 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.

2 Hours

Final Exam.

**METHODS OF INSTRUCTION:**

guided practice, demonstration, discussion

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Demonstration

Objective examinations

Evaluation Percent 20

Evaluation Description

20 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

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

Course Control Number: CCC000588312

Sports/Physical Education Course: Y

Taxonomy of Program: 127000