

ATHL A247: SAND VOLLEYBALL TEAM-WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

Course Description

Eligibility auditions will be held during the first week of class. This course is designed for advanced sand volleyball players with a desire to participate on the intercollegiate sand volleyball team. This course may be taken four times. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Perform proper sand volleyball techniques necessary to improve skills in preparation for successful intercollegiate competition.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Demonstrate knowledge of the rules, offensive and defensive strategies, and techniques of both for two person and four person volleyball.
- 2. Demonstrate skills necessary for intercollegiate athletic completion in volleyball.
- 3. Evaluate their own personal skill levels to determine own strengths and weaknesses
- 4. Set personal goals for improvement.
- 5. Demonstrate appropriate sportsmanship and self-control in competition.

Lecture Content

Lab Content

Introduction and Orientation Passing technique - overhand and underhand Setting technique - overhand and underhand Serving technique - float, top spin, jump serve Defense technique - underhand and overhand Hitting techniques - spike, roll shots, tips Blocking techniques

- soft and over the net block Rules of the game Teach statistic recording and how to interpret results Rules and how to use them to the team s advantage Player etiquette Improvement of the mental skills for competitive sand volleyball Leadership skills for team members and the team captain Practice proper techniques of passing Practice proper techniques of setting Practice proper techniques of serving Practice proper techniques of defense Practice proper techniques of hitting Practice proper techniques of blocking

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussion, video lectures/analyses, instructor feedback, practice sessions related to match play. Handouts that expand or enhance topics or skills of sand volleyball. Attendance and participation. Goal setting and self evaluation of sand skills and two person sand volleyball.

Reading Assignments

Articles related to sand volleyball. Handouts on sand volleyball skills.

Writing Assignments

Goal setting and evaluation. A paper on the history of title IX.

Out-of-class Assignments

To attend and NCAA women's colligate tournament.

Demonstration of Critical Thinking

Demonstration of acquired sand volleyball skills. Participation in a competitive environment in class competition.

Required Writing, Problem Solving, Skills Demonstration

Goal setting. Two writing assignments related to sand volleyball

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Kiraly, K. Beach Volleyball, Latest ed. Human Kinetics, 1999 Rationale: .
2. Required Lenberg, K. S. Sand Volleyball Rules of the Game (BEACH DOMESTIC COMPETITION REGULATIONS), ed. USA Volleyball/ NCAA, 2013