

ATHL 0115 - BEACH VOLLEYBALL TRAINING

Catalog Description

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced volleyball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses beach volleyball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate beach volleyball. May be taken four times for credit. (CSU)

Course Student Learning Outcomes

- CSLO #1: Demonstrate improved strength and power.
- CSLO #2: Perform various volleyball skills.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Analyze aspects of a quality beach volleyball program as it relates to offensive strategies.
2. Evaluate defensive volleyball strategies.
3. Develop a scouting report and present it to the class.
4. Analyze the mental game of volleyball.
5. Demonstrate techniques used to attack different sets.
6. Implement attack calling strategies for the college volleyball game.
7. Perform defensive strategies for opponents offensive tenancies.
8. Demonstrate a pre serving routine to use before each serve is completed in practice and matches.
9. Perform the proper footwork to attack from all positions in both serve receive and transition.
10. Demonstrate the blocking footwork from all positions.
11. Perform the defensive emergency moves in the sand.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- UC Transferable
- Not Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Students will be evaluated on their ability to perform a jump float serve. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Discussion by the instructor on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 1)
2. Instructor will lead a discussion on pre-serve preparation followed by students creating a list of pre-serve preparation items. (Objective 4)
3. Followed by an instructor presentation on defense, the students will perform plays to defend the cutty on both sides of the court. The instructor will evaluate the plays. (Objective 7)
4. The instructor will discuss how to block an attack from the middle of the court. The students will demonstrate the techniques used to block this attack. (Objective 10)

Distance Learning

1. Instructor will lecture on defensive strategies for opponents offensive tenancies. Student will outline defensive strategies. (objective 7)

Typical Out of Class Assignments Reading Assignments

1. Read and be prepared to discuss opponents' scouting reports given by Instructor/Coach.
2. Read an article on mental imagery, prepare a game day scenario and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Identify two defensive strategies to defend a cutty shot. Prepare a written report on the three strategies.
2. Create a chart for an opponents hitting tendencies.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Beach Volleyball Rules and Regulations
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2019
 - Text Edition:
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.