

# ATHL 0166 - INTERCOLLEGIATE BEACH VOLLEYBALL (W)

## Catalog Description

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

Hours: 58 laboratory per unit

Description: Intercollegiate women's beach volleyball competition conducted through NCAA and California Community College Athletic Association Rules. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Perform defensive and offensive skills in a volleyball game.
- CSLO #2: Assess a teams offensive tendencies then create a defense plan to counter.
- CSLO #3: Exhibit a higher level of volleyball fitness and skills.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

58-174

## Outside of Class Hours

0

## Total Student Learning Hours

58-174

## 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 beach volleyball.
5. Demonstrate techniques used to attack different sets.
6. Implement attack calling strategies for the college beach volleyball game.
7. Apply defensive strategies to counteract an opponent's offensive tendencies.
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.

## 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

- CSU Transferable
- UC 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.
- Reports
  - 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 the foot work to run a back set from transition. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion 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. Students are expected to participate in the discussion. (Objective 4)
3. Instructor will set up various game scenarios and the students will perform attacks from the different scenarios the instructor sets up. (Objective 6)
4. The instructor will discuss how to block. The students will demonstrate the techniques used to block. (Objective 10)

Distance Learning

1. Instructor will lecture on defensive strategies to counteract an opponent's offensive tendencies. Students will outline the defensive strategies. (objective 7)

## Typical Out of Class Assignments Reading Assignments

1. Read an instructor-provided handout on defensive strategy and be prepared to discuss in class. 2. Read an article on metal imagery and prepare a game day scenario.

## **Writing, Problem Solving or Performance**

1. Identify three defensive strategies to defend a line pokie. 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 Rule Book
  - 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.**