

# KIN 0034 - BEACH VOLLEYBALL

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## Catalog Description

Hours: 36 activity per unit

Description: Provides instruction and practice in fundamental beach volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Demonstrate the fundamental skills of beach volleyball, which include the serve, set, dig, pass and hit.
- CSLO #2: Function as a member of a team performing in the intra-class tournament with an attitude of fair play, competitive spirit and qualities of leadership.
- CSLO #3: Apply offensive and defensive court strategies.
- CSLO #4: Explain beach volleyball rules and etiquette.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Identify and describe beach volleyball game rules and basic game formation for beach doubles.
2. Demonstrate basic fundamental offensive skills.
3. Demonstrate basic fundamental defensive skills.
4. Enhance strength and conditioning through increased movement.
5. Demonstrate communication skills.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Problem Solving Examinations
  - Example: Student will pass a problem solving exam. Sample question: When playing a doubles beach volleyball game, who takes the cross court serve receive?
- Skill Demonstrations
  - Example: Student will be able to perform a serve with a 50% success rate.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will assign students to create their own pre-game warm-up format. Instructor will facilitate a discussion in which the strengths and weakness of each proposal are analyzed.
2. Following a discussion on fundamental offensive skills, students will demonstrate these skills.

Distance Learning

1. Discussion by the instructor on the fundamental offensive skills. The students discuss these skills in small groups.
2. Instructor will lead a discussion on the fundamental defensive skills. The students will discuss the skills in small groups.

## Typical Out of Class Assignments

### Reading Assignments

1. Read an instructor-provided handout on defensive strategy and be prepared to discuss in class.
2. Perform an internet search and prepare an article on a beach volleyball conditioning strategy.

### Writing, Problem Solving or Performance

1. Write a paper including the history of beach volleyball as well as discussing four different rules specific to the game.
2. Watch a beach volleyball match from either collegiate for professional and then write a paper summarizing strategies.

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

### Required Materials

- Official Beach Volleyball Rules 2017-2020
  - Author:
  - Publisher: FIVB
  - Publication Date: 2016
  - Text Edition:

- Classic Textbook?:
- OER Link:
- OER:

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