

**ATHL 96 Course Outline as of Fall 2024****CATALOG INFORMATION**

Dept and Nbr: ATHL 96 Title: WOMEN'S VAR BEACH VBLL

Full Title: Women's Varsity Beach Volleyball

Last Reviewed: 1/29/2024

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |        |
|---------|------|-----------------------|------|--------------|--------------------|--------|
| Maximum | 3.00 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0      |
| Minimum | 3.00 | Lab Scheduled         | 0    | 17.5         | Lab Scheduled      | 0      |
|         |      | Contact DHR           | 6.00 |              | Contact DHR        | 105.00 |
|         |      | Contact Total         | 6.00 |              | Contact Total      | 105.00 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0      |

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

**Catalog Description:**

In this course, students will practice for and participate in intercollegiate beach volleyball, focusing on beach volleyball skills, fundamentals, and strategies.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:**

By Tryout

**Schedule of Classes Information:**

Description: In this course, students will practice for and participate in for intercollegiate beach volleyball, focusing on beach volleyball skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |            |           |            |           |
|----------------------|----------------------|------------|-----------|------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          |            |           | Effective: | Inactive: |
| <b>CSU GE:</b>       | <b>Transfer Area</b> |            |           | Effective: | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> |            |           | Effective: | Inactive: |
| <b>CSU Transfer:</b> | Transferable         | Effective: | Fall 2024 | Inactive:  |           |
| <b>UC Transfer:</b>  | Transferable         | Effective: | Fall 2024 | Inactive:  |           |

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Compete in beach volleyball at an advanced level
2. Demonstrate the appropriate physical skills and strategies of beach volleyball
3. Display a knowledge and employment of the rules of beach volleyball

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate individual fundamental skills pertaining to beach volleyball.
2. Demonstrate and apply practical and general knowledge of the game of beach volleyball and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

#### **I. Fundamental Skills**

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscle and cardiovascular endurance

#### **II. Individual Skills**

- A. Overhead pass
- B. Forearm pass
  1. Serve reception
  2. Dig
  3. Free ball
- C. Serve

1. Floater
2. Jump floater
3. Top spin
- D. Blocking
  1. Read
  2. Commit
- E. Attacking
  1. Hard-driven
  2. Off speed
- III. Team skills
  - A. Offense
    1. Over on 2
    2. Individual offense
    3. Pair offense
  - B. Defense
    1. 2-diggers
    2. With a blocker
    3. Read
- IV. Competition
  - A. Conference Schedule
  - B. Competition rules dictated by current NCAA rules.
- V. Opponent Analysis
  - A. Offensive and defensive strategies
  - B. Personnel

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**Assignment:**

Students are expected to spend an additional three hours per week outside of class completing one or more of the following assignments.

1. In-class work
  - A. Film analysis
  - B. Note taking
  - C. Physical training and conditioning
  - D. Development and demonstration of related skills including practice and game performance
  - E. Establishing team goals
  - F. Periodic quizzes
2. Fieldwork may include:
  - A. Scouting reports execution
  - B. Playbook application
  - C. Intercollegiate competition

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Note taking

Writing  
5 - 10%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams, practice and game performance

Skill Demonstrations  
25 - 60%

**Exams:** All forms of formal testing, other than skill performance exams.

Attendance, film analysis, periodic quizzes

Exams  
10 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation, team goals, physical training, and conditioning

Other Category  
25 - 60%

**Representative Textbooks and Materials:**

Culture Code - The Secrets of Highly Successful Groups. Coyle, Daniel. Bantam. 2018 (classified)

Instructor prepared materials