

KIN A157: SAND VOLLEYBALL

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	45-90 Total Hours (Lecture Hours 4.5-9; Lab Hours 40.5-81)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This is an introductory course to the fundamentals of sand volleyball including serving, passing, spiking and digging. Students will learn rules and court strategy for playing the game. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective sand volleyball.
2. Identify strengths and weaknesses of sand volleyball skills and develop a program to strengthen skills.

Course Objectives

- 1. Discuss the rules and safety of sand volleyball.
- 2. Execute skills and strategies of basic movements of sand volleyball.
- 3. Explain and demonstrate the skills of sand volleyball.
- 4. Analyze and perform offensive and defensive system tactics as it relates to sand volleyball.
- 5. Demonstrate increased proficiency in each skilled category for sand volleyball.

Lecture Content

I Safety procedures and equipment maintenance. A. General practices of safety and social etiquette involved in sand volleyball. B. Preparation of sand courts for volleyball drills. II Skills of sand volleyball. A. Serving overhand, underhand, floater, topspin. B. Serve reception for two person. C. Setting overhand and bump set. D. Offensive attack spike, off speed shots. E. Defensive skills, digging overhand and underhand. F. Physical training, conditioning and nutrition as it relates to sand volleyball. III. Comprehensive and application of games and rules. A. Competition in two person sand volleyball. B. Officiating sand volleyball games in class. C. Court size and equipment heights. IV. Team drills

of offensive and defensive strategies. A. Reading blocking movements of teammates. B. Defensive coordinating between all team members. C. Offensive setting and hitting patterns. V. Game Competition and officiating protocol. A. Playing full games or matches. B. Training techniques as they relate to two person competition.

Lab Content

1. Daily drills as they relate to individual and two-person sand volleyball. A. Practice proper basic serve techniques. B. Practice proper basic passing techniques. C. Practice proper basic setting techniques. D. Practice proper basic spiking techniques. E. Practice proper basic digging techniques. F. Practice proper basic strategies for two person play. 2. Daily volleyball conditioning, plyometrics, cardiovascular endurance and flexibility. 3. Two-person drills, games and tournament play.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and /or discussion. Laboratory/Activity. Skill demonstration

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Journal. Goal cards.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Demonstrations of acquired skills. Construction of an offensive and defensive scheme to be used in game situations.

Required Writing, Problem Solving, Skills Demonstration

Compare and contrast various offensive tactics through game play. Identify strengths and weaknesses of skills. Develop an individual improvement program to strengthen skills.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Miller, P., Frederic, Vandome, F., Agnes, McBrewster, John.. Beach Volleyball, latest ed. Alphascript Publidhinh , 2009 Rationale: It gives history, rules and game strategies for sand volleyball