

PE G196: SAND VOLLEYBALL

Item	Value
Top Code	083500 - Physical Education
Units	.5-1 Total Units
Hours	18-36 Total Hours (Lecture Hours 4.5-9; Lab Hours 13.5-27)
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)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Participation and instruction of all facets of sand volleyball, from fundamentals skills through strategies and techniques. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Compile skills necessary to participate in the sport of sand volleyball.
3. Compare the advantages of two person, four person, and six person sand volleyball.
4. Evaluate his or her own personal skill levels to determine strengths and weaknesses.

Course Objectives

- 1. construct skills necessary to participate in the sport of sand volleyball.
- 2. compare the advantages of two person, four person, and six person sand volleyball.
- 3. evaluate their own personal skill levels to determine strengths and weaknesses.
- 4. appraise defensive systems of play to perform in a competitive situation.
- 5. employ a satisfactory knowledge of the rules of sand volleyball.
- 6. use proper safety procedures.

Lecture Content

I. Safety procedures and equipment maintenanceA. General practices of safety and social etiquette involved in sand volleyball.B. Preparation of sand courts for volleyball.C. Adaptations necessary for competition within changing environments (wind, cold, rain, etc). II. Skills of sand volleyballA. Serving overhand, underhand, floater, topspin.B. Serve reception.C. Setting overhand set and bump set.D. Offensive attack

spike, offspeed shots, etc.E. Blocking.F. Digging overhand dig, underhand dig, movement patterns. III. Comprehensive and application of games rules in a competitive situationA. Competition in two, four, and six person sand volleyball.B. Officiating sand volleyball games in class. IV. Team drills of offensive and defensive strategiesA. Reading blocking movements of teammates.B. Defensive coordinating between all team members.C. Offensive setting and hitting patterns. V. Game competition and officiating protocol

Lab Content

I. Safety procedures and equipment maintenanceA. General practices of safety and social etiquette involved in sand volleyball.B. Preparation of sand courts for volleyball.C. Adaptations necessary for competition within changing environments (wind, cold, rain, etc). II. Skills of sand volleyballA. Serving overhand, underhand, floater, topspin.B. Serve reception.C. Setting overhand set and bump set.D. Offensive attack spike, offspeed shots, etc.E. Blocking.F. Digging overhand dig, underhand dig, movement patterns. III. Comprehensive and application of games rules in a competitive situationA. Competition in two, four, and six person sand volleyball.B. Officiating sand volleyball games in class. IV. Team drills of offensive and defensive strategiesA. Reading blocking movements of teammates.B. Defensive coordinating between all team members.C. Offensive setting and hitting patterns. V. Game competition and officiating protocol

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Writing Assignments

1. Synthesize a knowledge of sand volleyball rules, skills and strategies into game execution.2. Compare and contrast various offensive tactics through game play.3. Identify strengths and weaknesses of skills. Develop an individual improvement program to strengthen skills.4. Application of defensive principles in game and drill competition.

Out-of-class Assignments

Optional attendance at sand volleyball tournaments.

Demonstration of Critical Thinking

1. Demonstrations of acquired skills.2. Construction of an offensive and defensive scheme to be used in game situations.3. Participation in a competitive environment in class competition.

Required Writing, Problem Solving, Skills Demonstration

1. Synthesize a knowledge of sand volleyball rules, skills and strategies into game execution.2. Compare and contrast various offensive tactics through game play.3. Identify strengths and weaknesses of skills. Develop an individual improvement program to strengthen skills.4. Application of defensive principles in game and drill competition.

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.

Other Resources

1. Appropriate attire