



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 140ABC  
**Descriptive Title:** Intercollegiate Sand Volleyball Team

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction, training and practice in the advanced techniques of sand volleyball and the opportunity for intercollegiate competition. Student athletes will compete against member schools in their designated conference and against other colleges.

*Note: This course is offered in the spring semester only.*

**Conditions of Enrollment: Recommended Preparation**  
High school varsity experience or equivalent skill

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 10.00 hours per week  TBA  
**Course Units:** 3.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: 4/13/2015  
**Transfer UC:**  Effective Date: Proposed

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: Fall 2016 Other:

---

**CSU GE:** E - Lifelong Understanding and Self-Development  
Term: Other:

---

**IGETC:**

---

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

1. The student athlete will utilize appropriate sportsmanship during practices and competition.
2. Student will demonstrate and explain the basic fundamentals of a hitting approach.
3. Students will demonstrate improvement in the cardio respiratory endurance component of fitness.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Evaluate advanced defensive tactics to neutralize a strong hitter. Analyze the effectiveness of a block and a digger versus two diggers against that hitter.  
Class Performance
2. Demonstrate knowledge of National Collegiate Athletic Association Sand Volleyball rules in match play.  
Class Performance
3. Demonstrate offensive and defensive systems during competition.  
Class Performance
4. Demonstrate the skill of passing initiated from a serve using the correct body and arm positioning.  
Class Performance
5. Demonstrate three offensive techniques an attacker would use against an opponent. For example: Hitting, cut shot, and roll shot.  
Class Performance
6. Discuss knowledge of physical training and how it can improve skill performance in a match.  
Class Performance
7. Modeling sportsmanship and teamwork will be demonstrated in every practice and match.  
Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Eligibility requirements 1. Unit requirements per semester and before the next season of competition 2. Grade Point Average standard
Lab	24	II	

			Physical training 1. Jump training 2. Agility training 3. Strength training 4. Speed training 5. Flexibility training 6. Cardiorespiratory endurance training
Lab	12	III	Safety procedures and equipment maintenance 1. Clean playing surface 2. Care of equipment; balls, nets, lines, training equipment 3. Maintenance of sand courts
Lab	2	IV	Rules and regulations for Sand Volleyball 1. California Community College Athletic Association rules and regulations for Sand Volleyball 2. NCAA rules and regulations for Sand Volleyball
Lab	2	V	Environmental consideration for outdoor sport 1. Dealing with the elements; wind, rain, heat, cold 2. Recognizing heatstroke
Lab	2	VI	Proper nutrition and hydration for optimal performance 1. Foods to maximize performance 2. Hydration basics 3. Sunblock and sun protection
Lab	20	VII	Skills practice offense 1. Serving a. Mechanics of the jump serve, float serve, jump float, standing top spin b. Serving into the wind or sun 2. Blocking a. Mechanics of blocking b. Defining the blocking area c. Defending the court behind the block 3. Spiking a. Mechanics of the approach b. Mechanics of the arm swing c. Approaching and swing for line or cross court attack
Lab	24	VIII	Skill practice defense: 1. Underhand dig a. Mechanics of underhand dig b. Body positioning for a dig 2. Overhand dig a. Openhand digging mechanics b. Body position for overhand dig 3. Passing a. Passing mechanics b. Body position for passing
Lab	30	IX	Team drills 1. Offensive drills 2. Defensive drills 3. Game strategies 4. Counter attacks
Lab	50	X	Scrimmage and game simulation 1. Situational scrimmage 2. Repetitive serve receive and transition 3. Down ball reception and transition 4. Free ball reception and transition 5. Attack versus a non blocking team 6. Attack versus a blocking team

Lab	12	XI	Review of performance 1. Statistics 3. Game film 3. Game plan
<b>Total Lecture Hours</b>	0		
<b>Total Laboratory Hours</b>	180		
<b>Total Hours</b>	180		

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

The Student will demonstrate to the instructor essential knowledge of sand volleyball rules by officiating in practice, scrimmages and/or competitions.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Compare and contrast various offensive tactics during game play.
  - A. Describe to instructor the various offensive techniques a team is using.
  - B. Identify to the instructor three weaknesses a team exhibits and strategize ways for improvement.
2. Identify the strengths and weaknesses of an opponent. Develop and implement a strategy for use in competition. Discuss with the instructor how you will integrate the information into competition.

##### D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Oral exams

Class Performance

#### V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Field trips

Group Activities

Guest Speakers

Role Play

Simulation

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week:**

**VII. TEXTS AND MATERIALS**

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
------------	----------------------------

**B. Requisite Skills**

Requisite Skills
------------------

**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation  High school varsity experience or equivalent skill	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

**D. Recommended Skills**

Recommended Skills
High School varsity participation or equivalent skill

**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
-------------------------------------	-------------------------------

Course created by LeValley Pattison on 09/24/2014.

BOARD APPROVAL DATE: 04/13/2015

LAST BOARD APPROVAL DATE:

**Last Reviewed and/or Revised by Le Valley Pattison on 09/24/2014**

18729