



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 255  
**Descriptive Title:** Beach Volleyball

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction, strategies and practice of skills in sand volleyball. The course is designed to develop fundamental and advanced skills, knowledge of rules, team strategies and desire for future participation during leisure times.

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

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

**Transfer CSU:**  Effective Date: 12/14/2015  
**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. Student will be able to explain strategy in regards to wind direction and managing the elements.

2. Student will demonstrate proper positioning on the court during serve receive and defensive situations.
3. Student will demonstrate and explain the basic fundamentals of a hitting approach.

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. Perform volleyball skills (passing, serving, setting, hitting, and blocking) at a proficiency level in game play.  
  
Class Performance
2. Execute base positioning and serve receive at a proficiency level in game-like situations.  
  
Class Performance
3. Evaluate defensive tactics to neutralize a strong hitter. Analyze the effectiveness of a block and a digger versus two diggers against that hitter.  
  
Class Performance
4. Demonstrate knowledge of National Collegiate Athletic Association "NCAA" Sand Volleyball rules in match play.  
  
Class Performance
5. Demonstrate offensive and defensive systems during competition.  
  
Class Performance
6. Demonstrate the skill of passing initiated from a serve using the correct body and arm positioning.  
  
Class Performance
7. Demonstrate three offensive techniques an attacker would use against an opponent. For example: Hitting, cut shot, and roll shot.  
  
Class Performance
8. Discuss knowledge of physical training and how it can improve skill performance in a match.  
  
Class Performance
9. Demonstrate sportsmanship and teamwork during game play.  
  
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	1	I	Safety Procedures and Equipment Maintenance: 1. Evaluate and clean playing surface

			<ul style="list-style-type: none"> <li>2. Inspect equipment for safety issues; balls, nets, lines, and training equipment</li> <li>3. Maintenance of the sand courts</li> </ul>
Lab	1	II	<p>Rules and Regulations for Sand Volleyball</p> <ul style="list-style-type: none"> <li>1. California Community College Athletic Association rules and regulations for Sand Volleyball</li> <li>2. NCAA rules and regulations for Sand Volleyball</li> </ul>
Lab	1	III	<p>Environmental Consideration for Outdoor Sport</p> <ul style="list-style-type: none"> <li>1. Dealing with the elements; wind, rain, heat, cold</li> <li>2. Recognizing heat stress</li> <li>3. Sunblock and sun protection</li> </ul>
Lab	1	IV	<p>Proper Nutrition and Hydration for Optimal Performance</p> <ul style="list-style-type: none"> <li>1. Foods to maximize performance</li> <li>2. Hydration basics</li> <li>3. Sunblock and sun protection</li> </ul>
Lab	5	V	<p>Skills Practice Offense</p> <ul style="list-style-type: none"> <li>1. Serving <ul style="list-style-type: none"> <li>a. Mechanics of the jump serve, float serve, jump float, standing top spin</li> <li>b. Serving into the wind or sun</li> </ul> </li> <li>2. Blocking <ul style="list-style-type: none"> <li>a. Mechanics of blocking</li> <li>b. Defining the blocking area</li> <li>c. Defending the court behind the block</li> </ul> </li> <li>3. Spiking <ul style="list-style-type: none"> <li>a. Mechanics of the approach</li> <li>b. Mechanics of the arm swing</li> <li>c. Approaching and swing for line or cross court attack</li> </ul> </li> </ul>
Lab	5	VI	<p>Skill Practice Defense:</p> <ul style="list-style-type: none"> <li>1. Underhand dig <ul style="list-style-type: none"> <li>a. Mechanics of underhand dig</li> <li>b. Body positioning for a dig</li> </ul> </li> <li>2. Overhand dig <ul style="list-style-type: none"> <li>a. Openhand digging mechanics</li> <li>b. Body position for overhand dig</li> </ul> </li> <li>3. Passing <ul style="list-style-type: none"> <li>a. Passing mechanics</li> <li>b. Body position for passing</li> </ul> </li> </ul>
Lab	3	VII	<p>Physical Training</p> <ul style="list-style-type: none"> <li>1. Jump training</li> <li>2. Agility training</li> <li>3. Footwork</li> </ul>
Lab	2	VIII	<p>Setting:</p> <ul style="list-style-type: none"> <li>1. Overhand set and hand positioning</li> <li>2. The bump set and arm positioning</li> </ul>
Lab	4	IX	<p>Offensive Attack;</p> <ul style="list-style-type: none"> <li>1. Spike - hard driven ball</li> <li>2. Off speed shot - finesse shot</li> <li>3. Cut shot - misdirection/severe slice</li> <li>4. Dink - short shot without finger action</li> </ul>
Lab	2	X	<p>Comprehensive and Application of Game Rules In a Competitive Situation</p>
Lab	6	XI	<p>Competition Format:</p> <ul style="list-style-type: none"> <li>1. The doubles game</li> <li>2. The four person game</li> <li>3. The six person game</li> </ul>

Lab	2	XII	Officiating Sand Volleyball Games in Class 1. Demonstrate an understanding of the rules 2. Managing the game
Lab	6	XIII	Team Drills 1. Offensive drills 2. Defensive drills 3. Game strategies 4. Counter attacks
Lab	15	XIV	Game Competition and Play
Lecture	0	XV	
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

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

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

Skills demonstrations

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

Demonstrate knowledge of sand volleyball rules in game situations.

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

1. After watching a sand volleyball match during class, present an oral report to your teammates and instructor identifying another team's strengths and/or weaknesses and identify what strategies could be employed to counteract their team play.
2. Demonstrate to instructor the fundamental skills necessary to execute an effective pass. Explain to your teacher in a verbal response your strengths and weaknesses of that skill and what training or conditioning drills would be ideal for improvement.

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

Performance exams

Oral exams

Class Performance

#### V. INSTRUCTIONAL METHODS

Demonstration  
Discussion  
Role Play

**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**

**Estimated Independent Study Hours per Week: 0**

## **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)**

<b>Requisites</b>	<b>Category and Justification</b>
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### **B. Requisite Skills**

<b>Requisite Skills</b>
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### **C. Recommended Preparations (Course and Non-Course)**

<b>Recommended Preparation</b>	<b>Category and Justification</b>
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### **D. Recommended Skills**

<b>Recommended Skills</b>
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### **E. Enrollment Limitations**

<b>Enrollment Limitations and Category</b>	<b>Enrollment Limitations Impact</b>
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**Course created by Le Valley Pattison on 08/29/2014.**

**BOARD APPROVAL DATE: 12/14/2015**

**LAST BOARD APPROVAL DATE:**

**Last Reviewed and/or Revised by Le Valley Pattison on 08/29/2014**