COURSE OUTLINE OF RECORD

Number: PE G196  
TITLE: Sand Volleyball

ORIGINATOR: Instructor Placeholder AAA  
EFF TERM: Spring 2008
FORMERLY KNOWN AS:

CROSS LISTED COURSE:

SEMESTER UNITS: 0.3 – 1.0
HRS LEC: 4.5 – 9.0  
HRS LAB: 13.5 – 27.0  
HRS OTHER: 0.0
CONTACT HRS TOTAL: 18.0 - 36.0
STUDY NON-CONTACT HRS RECOMMENDED: 9.0 - 18.0

CATALOG DESCRIPTION:
Participation and instruction of all facets of sand volleyball, from fundamentals skills through strategies and techniques. UC credit limitations. See counselor.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
Physical education

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [X]  
Standard Letter [X]  
Not Graded [ ]  
Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[ ]  
UC/CSU Transferable[X]  
Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X]  
LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X]  
Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts)
Physical Education and Health (Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:

CSU GE Area E: Lifelong Understanding and Self-Development
E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. evaluate his or her own personal skill levels to determine strengths and weaknesses.
2. compare the advantages of two person, four person, and six person sand volleyball.
3. compile skills necessary to participate in the sport of sand volleyball.

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.

COURSE CONTENT:

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.
   C. Adaptations necessary for competition within changing environments (wind, cold, rain, etc).

II. Skills of sand volleyball
   A. 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 situation
   A. Competition in two, four, and six person sand volleyball.
   B. Officiating sand volleyball games in class.

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

LABORATORY 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.
   C. Adaptations necessary for competition within changing environments (wind, cold, rain, etc).

II. Skills of sand volleyball
   A. Serving overhand, underhand, floater, topspin.
   B. Serve reception.
   C. Setting overhand set and bump set.
   D. Offensive attack spike, offspeed shots, etc.
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III. Comprehensive and application of games rules in a competitive situation
   A. Competition in two, four, and six person sand volleyball.
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IV. Team drills of offensive and defensive strategies
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   B. Defensive coordinating between all team members.
   C. Offensive setting and hitting patterns.

V. Game competition and officiating protocol
METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Tutoring – noncredit:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

METHODS OF STUDENT EVALUATION:

Short Quizzes
Written Assignments
Problem Solving Exercises
Skills Demonstration

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.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Appropriate attire

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

 Attached Files