

ATHL 41A: INTERCOLLEGIATE SAND VOLLEYBALL I (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Student Learning Outcomes

- Upon completion students should be able to execute game strategies appropriate for sand volleyball, demonstrating an understanding of technical and tactical aspects of sand volleyball.
- Upon completion students should be able to demonstrate skills at a level which could qualify a student athlete for NCAA or NAIA competition.

Description

Competitive intercollegiate sand volleyball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's sand volleyball team.

Course Objectives

The student will be able to:

- perform volleyball skills related to each athlete's specialization and team objectives for sand volleyball.
- prepare to compete in a highly organized team sport at a maximum level of competition for sand volleyball.
- apply and practice skills learned and show improvement in sand volleyball.
- analyze effectively the opposing team's play and strategies for sand volleyball.
- demonstrate through performance the development of physical fitness levels in strength, endurance, and health.

- identify the official rules and their interpretations to enhance performance in sand volleyball.
- display proper sportsmanship both on and off the court.
- explain the elements and actions involved in an athletic philosophy.

Course Content

A. Advanced development of volleyball performance skills in sand volleyball

- offensive skills
 - serve receive - forearm pass
 - sets
 - hitting
 - off speed shots; dink and roll shot

2. defensive skills

- digging
 - single block
 - court positioning
- B. Strategies
- offensive
 - defensive
 - base defense positions
 - blocking
 - court coverage responsibility

C. Physical fitness

- muscle strength
- muscle endurance

3. flexibility

4. body composition

D. Rules and regulations

1. scoring

2. net play

4. game/match

E. Sportsmanship and etiquette

- mutual respect
 - distracting an opponent
 - joy of competition
 - zeal of excellence
 - rivalry and camaraderie
- F. Individual and team philosophy
- motivation
 - philosophy
 - pride
 - excellence
 - sacrifice
 - success
 - integrity
 - perseverance

Lab Content

- Drills for skill building in the sand
- Passing
- Digging
- Serving
- Strategy

Special Facilities and/or Equipment

Sand volleyball courts and sand volleyballs.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

A. Subjective assessment of physical skills and performance by direct coach's observation

1. individual and team verbal critiques
2. video analysis
3. student-athlete counseling: academic involvement, athletic department, eligibility
4. individual improvement, performance, and contribution to the total team effort

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

- A. Demonstration, drills and corrective feedback.
- B. Video analysis of practice film, classroom meetings, and visualization.

Representative Text(s) and Other Materials

2017-19 Beach Domestic Competition Regulations. Note: The most recent edition of the rulebook will be used; annual updates are available online at www.ncaa.org/playing-rules

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional writing exercises related to the sport and based on recommended reading.

Discipline(s)

Coaching, Kinesiology, Physical Education