

# ATHL 41A: INTERCOLLEGIATE SAND VOLLEYBALL I (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Advisory:</b>	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.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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](http://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