

ATHL 41B: INTERCOLLEGIATE SAND VOLLEYBALL II (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Units:	3
Hours:	9 laboratory per week (108 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 demonstrate an understanding of the concepts of team play, good sportsmanship, self discipline and decorum.
- The student will refine and perfect the movement associated with the sport of intercollegiate sand volleyball. This includes passing, setting both forearm and overhead, serving, blocking, and hitting. The student will review the basic rules of sand volleyball and the concept of team (doubles) play.

Description

Competitive intercollegiate sand volleyball emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's sand volleyball team.

Course Objectives

The student will be able to:

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

- identify the official rules and their interpretations to enhance performance.
- 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 sand volleyball performance skills

- offensive skills
 - serve receive - forearm pass
 - sets
 - hitting
 - off speed shots; dink, roll shot
- defensive skills
 - digging
 - single block
 - court positioning and pulling off net
- Strategies
 - offensive
 - defensive
 - base defense positions
 - blocking
 - court coverage responsibility
- Physical fitness
 - muscle strength
 - muscle endurance
 - flexibility
 - body composition
- Rules and regulations
 - scoring
 - net play
 - game/match
- Sportsmanship and etiquette
 - mutual respect
 - distracting an opponent
 - joy of competition
 - zeal of excellence
 - rivalry and camaraderie
- Individual and team philosophy
 - motivation
 - philosophy
 - pride
 - excellence
 - sacrifice
 - success
 - integrity
 - perseverance

Lab Content

- Drills and skill building in the sand
- Passing
- Digging
- Serving
- Hitting

Special Facilities and/or Equipment

Sand volleyball court 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

B. Objective assessment of performance

1. participation in athletic competitions and practices
2. final evaluations

Method(s) of Instruction

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

A. The students will be practicing tactics and technical skills related to the sport of sand volleyball.

B. The students will be developing and strengthening their fundamental skills through practice, video analysis of game and 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