

Lassen Community College Course Outline

PEAC-11 Women's Varsity Sand Volleyball

3.0 Units

I. Catalog Description

Intercollegiate Women's Varsity Sand Volleyball Competition. This course may be taken for a total of three enrollments. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year.

Transfers to CSU

170 Hours Lab, 170 Total Student Learning Hours

Scheduled: Spring

II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform volleyball skills in game play at a level appropriate for continued participation in intercollegiate volleyball at a two-year or four-year institution.

B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Demonstrate Sand Volleyball skills necessary to compete at an intercollegiate level. These skills include passing, setting, serving, blocking, spiking, digging, and defensive techniques.
2. Perform individual skills of ball handling, passing, serving, setting, hitting, blocking, spiking, digging, defensive techniques and control.
3. Utilize knowledge of offensive and defensive team play to apply skills and strategies to increasingly more complex situations.
4. Demonstrate knowledge of special situations specific for 2 on 2 match play, to include block as it applies to defense strategies, serving to isolate a player, over on two placement.
5. Demonstrate and apply the advanced rules of Sand Volleyball in typical situations, and be expected to role-model these situations for new enrollees.
6. Demonstrate Sand Volleyball skills necessary to compete at an intercollegiate level. These skills include passing, setting, serving, blocking, spiking, digging, and defensive techniques, such as block line versus block angle and how the defender moves in that situation.

IV. Course Content

1. Demonstration and drills/practice of volleyball skills, including: passing, setting, serving, blocking, spiking, digging, and defensive techniques.
2. Drills and scrimmages designed to improve the individual and collective performance of fundamental volleyball skills.
3. Demonstration of offensive and defensive strategies during practice, and during competition.
4. Drills that teach and reinforce 2 on 2 play.
5. Drills to teach and reinforce advanced offense training using a variety of shot selections.
6. Drills which promote quick and efficient movement.
7. Drills which promote advanced defense training, using partner blocking system.
8. Drills which enhance the strength and physical conditioning of the participant.

A. Conditioning - Basic

1. Warm-ups
2. Aerobic Activity
3. Drills/Weights/Exercises

B. Individual Skills - Basic

1. Ball Handling
2. Passing
3. Serving
4. Bump Setting
5. Hitting
6. Footwork/Transitioning from Offense to Defense

C. Rules of the Game

1. Court & Equipment/Lines in feet net height, boundaries.
2. Knowledge of Penalties and Violations Specific to Sand Volleyball:
Antenna Touch, Net Touch Violation, Service Rotation Violation,
Blocker violations, Overhead dig double, Open hand tip, center line
violation, court etiquette.

D. Offensive Strategies Specific to Sand Volleyball

1. Hard swing angle or line
2. Roll shot or deep
3. Poke
4. Over on two

E. Defensive Strategies Specific to Sand Volleyball

1. Blocking
2. Read Sequencing
3. Basic Defensive Alignments
4. Ball Reception, Free Ball/Down Ball, W/Block, W/OutBlock

F. Special Skills/Situations - Basic to Advanced

1. Zones for serving and passing
2. Coverage of block and defense
3. Transition between offense and defense

4. Setting the Block
 5. Hitter Coverage/Hitter Placement
 6. Screening the Serve
- G. Game Play
Scrimmages/Intercollegiate games

V. Assignments

A. Appropriate Readings

Types of Assignments may include, but are not limited to, the following: Textbook Reading- Skills Demonstration- Problem Solving Exercise- Essay Writing- Oral Presentation- Group Projects-

B. Writing Assignments

Maintain a comprehensive notebook of class materials and information.

C. Expected Outside Assignments

Critiquing of opponents and self through the use of video and/or observation.

D. Specific Assignments that Demonstrate Critical Thinking

Students will demonstrate critical thinking during scrimmages and intercollegiate games.

VI. Methods of Evaluation

Methods of Evaluation:

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

Essay Exams- Class Participation-

Multiple Choice Exams-

Short Answer/Fill-In Exams-

Problem Solving Exams-

Assignments-

Other- Skills demonstrations, intercollegiate competition

Example #1: To demonstrate advanced bump setting, the instructor will observe and evaluate student performance in a scrimmage and/or game situation requiring a student to bump set a ball to a specific target, at various height and distance. Competency is demonstrated by the student through the ability to control the bump set from various positions on the court, and at different speed and heights, measured by stats, showing higher accuracy percentiles during second enrollment, overall.

Example #2: To demonstrate analysis and response to simple game situations, the instructor will observe and evaluate student judgement and performance in scrimmage and/or game situations. Competency is demonstrated by the student through the ability to make correct strategy decisions while attacking (read defender on other side of net, and communication with sand partner) and apply the appropriate technique (Appropriate offensive shot for the situation) in a majority of all situations with an increasing level of proficiency depending on enrollment (beginner, intermediate, advanced).

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

1. Instructor will explain and demonstrate methods of physical conditioning appropriate to the sport. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to judge their own physical condition and will learn self-selection of the appropriateness and extent of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then supervise students in the performance of drills to gain mastery of the skill. Instructor will provide feedback and instruction as needed.
3. For strategy skills, the instructor will use appropriate diagrams to introduce the strategy and then conduct appropriate group drills to illustrate the skill. Utilizing scrimmage and game situations, the instructor will follow each student's selection and execution of the appropriate strategies and provide group and individual feedback.
4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design, and conduct drills to reinforce rules, and provide feedback to students during scrimmage and game situations.

VIII. Representative Texts and Supplies

Textbooks/Resources (for degree applicable courses): The most current rules from the NCAA website.

- [Beach Volleyball Rules of the Game - NCAA.org](https://www.ncaa.org/sport-division/varsity/sports/volleyball/rules)
May also include periodicals, software, and other resources.

IX. Discipline/s Assignment

Coaching, Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 09/20/2022

Board of Trustees Approval Date: 10/11/2022

Revised By:

Curriculum/Academic Standards Committee Revision Date: