

Course Outline of Record

1. Course Code: VSW-075

2. a. Long Course Title: Beach Volleyball

b. Short Course Title: BEACH VOLLEYBALL

3. a. Catalog Course Description:

This course provides women with the opportunity to develop advanced skills and strategies in intercollegiate beach volleyball. There will also be competitive opportunities such as games and scrimmages. The course will include conditioning drills to improve muscular strength, endurance, stamina, agility and vertical jump to improve performance in beach volleyball. May be taken a total of four times.

b. Class Schedule Course Description:

This course provides opportunity for women to develop their skills and strategies in beach volleyball.

c. Semester Cycle (if applicable): N/A

d. Name of Approved Program(s):

4. Total Units: 3.00 Total Semester Hrs: 175.00

Lecture Units: 0 Semester Lecture Hrs: 0

Lab Units: 3 Semester Lab Hrs: 175.00

Class Size Maximum: 30 Allow Audit: No

Repeatability Repeatable 3 Times

Justification Title 5 § 55041. Repeatable Courses. (a) Districts may only designate the following types of courses as repeatable: (3) Intercollegiate athletics, as defined in section 55000

5. Prerequisite or Corequisite Courses or Advisories:

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)

Limitation on Enrollment: Successful tryout

6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)* N/A

7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

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Lab: *(if the "Lab Hours" is greater than zero this is required)*

1. Principles and fundamentals of sport
2. Coach and team philosophy, objectives and goals
3. Offensive skill practice and technique development
4. Defensive skill practice and technique development
5. Sport strength and conditioning related to sand volleyball to include plyometrics, muscular strength, endurance, flexibility and cardio-respiratory training

6. Competition preparation

7. Offensive and defensive strategy development and implementation for diverse opponents

9. Course Student Learning Outcomes:

1.

Analyze, select and execute tactics, strategies and skills necessary to play beach volleyball at an intercollegiate level.

2.

Evaluate strength and weaknesses of self, team and opponents.

3.

Demonstrate increased proficiency in advanced beach volleyball skills.

10. Course Objectives: *Upon completion of this course, students will be able to:*

a. Understand and apply proper safety, injury prevention techniques, flexibility and conditioning for beach volleyball.

b. Identify and apply game rules, concepts and beach volleyball principles at the collegiate level.

c. Analyze and evaluate offensive and defensive skills and strategies of beach volleyball at the collegiate level.

d. Execute and apply offensive and defensive skills and fundamentals at the collegiate level.

e. Select and execute the various ball handling, passing, setting, attacking, blocking, digging and serving techniques in competitive situations.

f. Execute tactics and conditioning drills through beach volleyball practice.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

a. Activity

b. Collaborative/Team

c. Demonstration, Repetition/Practice

d. Discussion

e. Individualized Study

f. Observation

g. Participation

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 180.00

Outside Class Hours: 0

a. Out-of-class Assignments

1. Students will be required to attend collegiate beach volleyball games.

2. Observe other collegiate and professional level of beach volleyball offensive, defensive strategies and team philosophies.

3. Work with trainer, if necessary, for prevention and rehabilitation injuries.

4. Article critiques

b. In-class Assignments

1. Review and analyze skills, practices, scrimmages and games.
2. Participate in group discussions and team building activities.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Critiques
- Self-paced testing
- Field/physical activity observations
- Presentations/student demonstration observations
- Self/peer assessment and portfolio evaluation
- Student preparation
- Organizational/timelines assessment

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Interact with individuals and within groups with integrity and awareness of others' opinions, feelings, and values.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Name change for compliance. The official name of the sport is Beach Volleyball not Sand Volleyball.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000578627
- b. T.O.P. Code [CB03]: 83550.00 - Intercollegiate Athletics
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable

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k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 10

Third Year: 20

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: No

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 10/04/17