GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 228 – INTERCOLLEGIATE BEACH VOLLEYBALL

1. Course Number Course Title Semester Units Semester Hours

ES 228 Intercollegiate **3.0** 10 hours laboratory

Beach Volleyball

2. Prerequisites

Tryout.

Course Corequisite

None.

Recommended Preparation

None.

3. Catalog Description

Intercollegiate competition in the sport of beach volleyball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out for competition at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

4. Course Objectives

The student will:

1. Analyze and apply the NCAA rules of intercollegiate beach volleyball.
2. Develop and employ strategies verses an opponent’s offensive and defensive set-ups.
3. Illustrate proper skill sets required in Intercollegiate Volleyball (serve, passing, volleying, hitting, etc.)

d. Experiment and develop skills to improve physical fitness in an activity that will be beneficially carried over into adult life.

e. Develop and model good sportsmanship and positive social behaviors according to the CCCAA and NCAA decorum rules.

f. Illustrate and apply knowledge of physical fitness, training and conditioning techniques, diet, athletic injuries and musculoskeletal action and evaluate the impact of those parameters on life-long health and well-being.

g. Meet all academic and athletic eligibility requirements as required by the CCCAA, NCAA, and Grossmont College Athletic Department.

5. Instructional Facilities

a. Beach volleyball courts with USBA approved nets.

b. Official NCAA volleyballs.

c. Video analysis room.

d. Locker room and shower facilities.

EXERCISE SCIENCE 228 – INTERCOLLEGIATE BEACH VOLLEYBALL page 2

6. Special Materials Required of Student

a. Electronic storage media.

b. Athletic insurance fee.

c. Practice attire.

7. Course Content

A structured lecture and practice format to include:

a. Analysis, development, and application of individual and team skills, offensive and defensive techniques, strategies and rules including (but not limited to):

1) Serving, passing, setting.

2) Attacking.

3) Defense systems

4) Offensive systems.

5) Bunch read blocking schemes.

6) Footwork, hip work, arm work.

7) Scoring systems.

8) Trap blocking.

9) Hitting/blocking coverage.

10) Read the set.

11) Read the offense/defense.

12) Position coverage.

b. The development of physical fitness and the necessary conditioning for competitive Beach Volleyball.

c. Preparation for, and participation in, competition at the conference, regional and state levels.

d. Participate in home and away contests that continually challenge the student-athletes to successfully apply all that they learn and practice in class.

e. Active participation in the Student-Athlete Academic Support Program as established by the Athletic Department.

8. Method of Instruction

a. Individual and group practice.

b. Lecture and demonstration.

c. Video analysis.

d. Intercollegiate match and tournament play.

9. Methods of Evaluating Student Performance

a. Ongoing assessments of performance, improvement and application of learned techniques and strategies.

b. Statistical analysis of player performance.

c. Oral and written exams.

d. Performance final exam.

10. Outside Class Assignments

a. Reading assignments in assigned texts and additional written material.

b. Supplemental physical conditioning activity.

c. Self-analysis of videotaped performances.

d. Weekly participation in intercollegiate competition.

EXERCISE SCIENCE 228 – INTERCOLLEGIATE BEACH VOLLEYBALL page 3

11. Texts

a. Required Text(s):

NCAA. *NCAA Beach Volleyball Rules*. Overland Park, KS: National Collegiate Athletic Association, 2018.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

a. Analyze and apply rules for Intercollegiate Beach Volleyball such as NCAA policies, CCCAA/NCAA eligibility requirements, etc.

b. Utilize strategies and techniques for competitive level volleyball games both on the field and as a representative of the college.

Date approved by the Governing Board: December 11, 2018