

Glendale College  
**Course Outline of Record Report**

Course ID 010278  
 Cyclical Review - September 2023

**ATHPE145 : Women's Intercollegiate Beach Volleyball**

**General Information**

Author:	• Yvette Ybarra
Course Code (CB01) :	ATHPE145
Course Title (CB02) :	Women's Intercollegiate Beach Volleyball
Department:	ATHPE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000578448
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	ATHPE 145 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's beach volleyball. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 145 is designed for the intercollegiate beach volleyball team. Note: May be taken 4 times for credit.
Justification:	Mandatory Revision
Academic Career:	• Credit
Author:	• Yvette Ybarra

**Academic Senate Discipline**

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

**Course Development**

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
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Course is not a basic skills course.

Course is not a special class.

- Grade with Pass / No-Pass Option

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Course Support Course Status (CB26)

Not applicable.

Course is not a support course

### Transferability & Gen. Ed. Options

#### General Education Status (CB25)

Not Applicable

#### Transferability

Transferable to both UC and CSU

#### Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

### Units and Hours

#### Summary

Minimum Credit Units (CB07)	2.5
Maximum Credit Units (CB06)	2.5
Total Course In-Class (Contact) Hours	81
Total Course Out-of-Class Hours	54
Total Student Learning Hours	135

#### Credit / Non-Credit Options

##### Course Type (CB04)

Credit - Degree Applicable

##### Noncredit Course Category (CB22)

Credit Course.

##### Noncredit Special Characteristics

No Value

##### Course Classification Code (CB11)

Credit Course.

##### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Variable Credit Course

#### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1.5	3

#### Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54

Laboratory Hours	3	0	<b>Course In-Class (Contact) Hours</b>	
Studio Hours	0	0	Lecture	27
			Laboratory	54
			Studio	0
			<b>Total</b>	<b>81</b>
			<b>Course Out-of-Class Hours</b>	
			Lecture	54
			Laboratory	0
			Studio	0
			<b>Total</b>	<b>54</b>

**Time Commitment Notes for Students**

No value

**Pre-requisites, Co-requisites, Anti-requisites and Advisories**

No Value

**Entry Standards**

**Entry Standards**

Apply a variety of offensive and defensive skills appropriate for intercollegiate beach volleyball.

Integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition.

Display cardiovascular health, muscular strength and endurance.

Utilize verbal communication necessary for collegiate competition.

Demonstrate how to apply workable solutions within a team environment.

## Specifications

### Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Multimedia

### Out of Class Assignments

- Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback)
- Goal setting (e.g. written re-evaluation of goal performance every week)
- Game analysis (e.g. written summary and review of game film both team and individual)

### Methods of Evaluation

### Rationale

Exam/Quiz/Test

Written play exams (e.g. diagram test for blocking one on one)

Activity (answering journal prompt, group activity)

Demonstration evaluations (e.g. serve receive passing using angles)

Activity (answering journal prompt, group activity)

Video movement analysis

Other

Weekly competition

### Textbook Rationale

No Value

### Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	2022 Beach Domestic Competition Regulations			
<b>Author</b>	National Collegiate Athletic Association. Indianapolis NCAA			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>				
<b>Materials Fee</b>				
No value				

<b>Learning Outcomes and Objectives</b>	
<b>Course Objectives</b>	
Identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations.	
Demonstrate collegiate level passing, setting, and hitting techniques in beach volleyball.	
Recognize the role of nutrition in athletic performance.	
Break down and apply offensive and defensive schemes.	
Apply practical and general knowledge of the game of beach volleyball and its rules.	
Integrate conditioning and weight training into daily practices.	
Demonstrate the ability to work with a team member as a unit and develop team concepts.	
<b>SLOs</b>	
<b>Perform fundamental mechanics for effective performance in the sport of beach volleyball.</b>	Expected Outcome Performance: 70.0
<i>//Os</i>	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
Core ILOs	

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.

Core

*PLOs* Integrate and execute advanced cooperative skills needed to perform at a high level of play.

**Demonstrate and apply technical and tactical skills necessary for collegiate competition.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Core

*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

**Integrate cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Core

*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Core

*PLOs*

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Core

*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Demonstrate and apply safety rules and procedures to effectively participate in physical movement.

Core

*PLOs*

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Team Philosophies and Rules (7 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- CCCAA decorum policies
- Training room policies for treatment

#### Safety for Beach Volleyball (6 hours)

- Injury prevention exercises
- Proper protection from sun
- Proper warm-up
- Proper cool-down

#### Understanding the Environmental Elements (3 hours)

- Sand
- Wind
- Sun

#### Understanding Team Dynamics (6 hours)

- Creating a positive team environment
- Effective communication under stress

#### Nutrition for the Competitive Athlete (4 hours)

- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: Good or bad
- Hydration

#### Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (1 hour)

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 27**

### Laboratory/Studio Content

#### Fundamental Conditioning for Beach Volleyball (9 hours)

- Agility
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training
- Environmental elements
- Sand
- Wind

#### Advanced Fundamental Skills in Beach Volleyball (11 hours)

- Overhand/forearm passing
- Serve Receive
- Tomahawk passing
- Dig
- Jump Serve
- Top spin
- Floater
- Blocking
- One man block

- Hand signals
- Blocking line
- Blocking Angle
- Attacking
- Hard driven attack
- Roll shot
- Attacking areas

**Offense Strategies for Intercollegiate Beach Volleyball Competition (17 hours)**

- Play development 2 versus 2
- Court areas and placement of attacking
- Using angles with partner
- Dimension of sand court

**Defense Strategies for Intercollegiate Beach Volleyball Competition (17 hours)**

- Home positions
- Transition from defense to offense
- Defending at the net
- Changing defenses
- Free ball height

**Total hours: 54**