

# ICA M40: INTERCOLLEGIATE BEACH VOLLEYBALL-WOMEN

**Originator**

ablack

**Co-Contributor(s)**
**Name(s)**

Manakas, Vance (vmanakas)

**College**

Moorpark College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M40

**Course Title (CB02)**

Intercollegiate Beach Volleyball-Women

**Banner/Short Title**

ICA Beach Volleyball-Women

**Credit Type**

Credit

**Start Term**

Spring 2021

**Catalog Course Description**

Develops participants' skills and playing intensity in Beach Volleyball to the highest level.

**Additional Catalog Notes**

Involves competition against other institutions and travel.

Student must be capable of competing at the intercollegiate level.

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

**Taxonomy of Programs (TOP) Code (CB03)**

0835.50 - Intercollegiate Athletics

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will be required

**Faculty notes on field trips; include possible destinations or other pertinent information**

Various colleges across California for intercollegiate beach volleyball competitions.

**Grading method**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

Yes

**Number of times a student may enroll in this course**

4

**Maximum units a student may earn in this course**

16

**Specify the Title 5 justification for repeatability**

Intercollegiate athletics

**Justification for Repeatability**

Students must be enrolled in the class in order to compete as a student-athlete in the California Community College Athletic Association (CCCCAA)

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class****Lecture****Minimum Contact/In-Class Lecture Hours**

17.5

**Maximum Contact/In-Class Lecture Hours**

17.5

**Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

157.5

**Maximum Contact/In-Class Laboratory Hours**

157.5

**Total in-Class****Total in-Class****Total Minimum Contact/In-Class Hours**

175

**Total Maximum Contact/In-Class Hours**

175

**Outside-of-Class****Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

35

**Maximum Outside-of-Class Hours**

35

**Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

210

**Total Maximum Student Learning Hours**

210

**Minimum Units (CB07)**

4

**Maximum Units (CB06)**

4

**Student Learning Outcomes (CSLOs)****Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | demonstrate proper technique in all skills associated with intercollegiate beach volleyball. |
| 2 | organize a scouting report of upcoming opponents.  |

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and adhere to the CCCAA (California Community College Athletic Association) and collegiate rules for the sport. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level.  |
| 3 | develop and analyze offensive and defensive tactics and strategies and respond accordingly.  |
| 4 | apply and develop principles for social interaction, teamwork and leadership.  |
| 5 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork.   |
| 6 | identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education.   |

**Course Content****Lecture/Course Content**

(25%) Beach Volleyball team tactics and strategies

1. Offensive
2. Defensive
3. Special situations Conditioning

(25%) Conditioning

1. Pre-season
2. Early season
3. Conference season
4. Post conference season Attitude and behaviors

(25%) Attitude and Behaviors

1. High quality character traits
2. Sportsmanship
3. Fair play
4. Teamwork/Social interaction
5. Leadership

(25%) Health habits

1. Injury prevention Beach Volleyball individual fundamental skills
2. Offensive techniques
3. Defensive techniques
4. Special situation skills

**Laboratory or Activity Content**

(25%) Beach Volleyball team tactics and strategies

1. Offensive
2. Defensive
3. Special situations Conditioning

(25%) Conditioning

1. Pre-season
2. Early season
3. Conference season
4. Post conference season Attitude and behaviors

(25%) Attitude and Behaviors

1. High quality character traits
2. Sportsmanship
3. Fair play
4. Teamwork/Social interaction
5. Leadership

(25%) Health habits

1. Injury prevention Beach Volleyball individual fundamental skills
2. Offensive techniques
3. Defensive techniques
4. Special situation skills

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises  
Skills demonstrations  
Written expression

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Classroom Discussion  
Journals  
Oral analysis/critiques  
Oral presentations  
Participation  
Portfolios  
Skills demonstrations  
Skill tests or practical examinations

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Audio-visual presentations  
Class activities  
Class discussions  
Distance Education  
Demonstrations  
Field trips  
Group discussions  
Guest speakers  
Instructor-guided use of technology  
Small group activities

**Describe specific examples of the methods the instructor will use:**

1. Use video analysis to help students improve technique.
2. Provide feedback to promote skill acquisition and strategy implementation.

## Representative Course Assignments

### Writing Assignments

1. Set individual and team goals specific to intercollegiate beach volleyball.
2. Provide a written evaluation of the beach volleyball season.
3. Provide peer evaluations to coaches.

### Critical Thinking Assignments

1. Analyze opponent's strengths and weaknesses.
2. Explain specific beach volleyball offensive and transitional strategies and tactics.
3. Apply specific beach volleyball strategies and tactics in a practice and competition setting.

### Reading Assignments

1. Read articles on the history of beach volleyball.
2. Read articles or books assigned by the instructor emphasizing sport psychology.

**Skills Demonstrations**

1. Demonstrate correct spiking technique.
2. Demonstrate correct serving technique.
3. Demonstrate correct high line and cut shot.

**Outside Assignments****Representative Outside Assignments**

1. Evaluate techniques of professional beach volleyball players.
2. Watch individual video and provide an oral assessment of individual volleyball skill techniques.
3. Take an attitude and personality assessment.
4. Develop individual and team goals.

**Articulation****Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU, Northridge	ATHL 228	Varsity Beach Volleyball	2
CSU Long Beach	KIN 162A	Beach Volleyball	1

**Comparable Courses within the VCCCD**

ICA V25 - Intercollegiate Beach Volleyball: Women

**Equivalent Courses at other CCCs**

College	Course ID	Course Title	Units
Cypress College	KIN 1205 C	Intercollegiate - Beach Volleyball - Women	3
Glendale College	ATHPE 145	Women's Intercollegiate Beach Volleyball	3
Bakersfield College	PHED B25B	Intercollegiate Competition for Women Beach Volleyball	2.5

**District General Education****A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

**F. Ethnic Studies/Gender Studies****Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

F2017

**CSU GE-Breadth****Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****UC TCA**UC TCA  
Approved**IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**  
Textbook**Description**Williams, Pat and David Wimbish. *How to Be like Coach Wooden: Life Lessons from Basketball's Greatest Leader*. Health Communications, Inc., 2006.**Resource Type**  
Textbook**Description**Oldenburg, Steve. *Complete Conditioning for Volleyball*. Human Kinetics, 2014.**Resource Type**  
Textbook**Description**Wooden, John, and Jay Carty. *Coach Wooden's Pyramid of Success: Building Blocks for a Better Life*. Regal, 2005.

## Library Resources

### Assignments requiring library resources

Using the Library's print and online resources, research various articles, periodicals, and books.

### Sufficient Library Resources exist

Yes

### Example of Assignments Requiring Library Resources

Using EBSCOhost, find and summarize an article on sport performance.

## Distance Education Addendum

### Definitions

#### Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online is a temporary emergency approval ONLY

### Faculty Certifications

**Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.**

Yes

**Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.**

Yes

### Regular Effective/Substantive Contact

#### Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.



Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
<b>Hybrid (51%–99% online) Modality:</b>	
Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
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Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
<b>100% online Modality:</b>	
Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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## Examinations

### Hybrid (1%–50% online) Modality

Online  
On campus

### Hybrid (51%–99% online) Modality

Online  
On campus

## Primary Minimum Qualification

COACHING

## Review and Approval Dates

### Department Chair

11/03/2020

### Dean

11/04/2020

### Technical Review

11/05/2020

### Curriculum Committee

11/17/2020

### DTRW-I

MM/DD/YYYY

### Curriculum Committee

MM/DD/YYYY

### Board

MM/DD/YYYY

### CCCCO

11/20/2020

### Control Number

CCC000582868

### DOE/accreditation approval date

MM/DD/YYYY