



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	142abc
Descriptive Title:	Off-Season Training for the Intercollegiate Beach Volleyball Team
Division:	Health Sciences and Athletics
Department:	Kinesiology/Phys Ed/First Aid/CH/Med Term
Course Disciplines:	Athletics
Catalog Description:	This course provides instruction and practice in the advanced techniques of beach volleyball. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	High school varsity experience or equivalent skill.
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	propose
Transfer UC:	Yes
Effective Date:	propose
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	SLO #1 Fitness Identify the five components of physical fitness and describe how they relate to the

	development of beach volleyball performance. SLO #2 Skill-Related Fitness Students will demonstrate improvements in skill-related fitness components. SLO #3 Strategies Students will describe various offensive/defensive strategies.
Course Objectives:	1. Apply the rules of intercollegiate beach volleyball competition appropriately. 2. Perform defensive techniques such as transition from a spike, reading the hitter, and blocking. 3. Perform offensive techniques such as spiking, shots, communication, and how to read a defense. 4. Design an off-season beach volleyball strength training and conditioning program utilizing a combination of beach volleyball drills and a running and strength training program. 5. Identify potential transfer schools that have beach volleyball.
Major Topics:	I. Course Orientation (2 hours, lab) A. Safety precautions for practice and competitions B. Beach volleyball rules and regulations C. Dealing with the elements such as sand, wind, heat and cold II. Offensive Fundamentals (14 hours, lab) A. Ball handling B. Passing C. Setting D. Hitting - offense 1. Spiking 2. Roll shots 3. Tipping E. Blocking F. Serving III. Defensive Fundamentals (14 hours, lab) A. Body position B. Movement of feet C. Reading the hitter

	D. Defense behind a block IV. Class Tournament Games (10 hours, lab) A. Scrimmages focusing on blocking B. Scrimmages focusing on down ball defense C. Scrimmages focusing on short court offense D. Scrimmages focusing on serving and passing with precision V. Conditioning (14 hours, lab) A. Aerobic conditioning B. Anaerobic conditioning C. Strength Training
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Analyze the defensive formation used by opponents and verbally describe the offensive strategy that should be created to capitalize on a non blocking team.
Critical Thinking Assignment 1:	Distinguish between an attack against a blocker versus no block. Create a plan for each defensive system and present it orally in class.
Critical Thinking Assignment 2:	After reviewing videotape of a opponent, design an offensive strategy to defeat the opponent. Demonstrate the offense in class against a simulated opponent.
Other Evaluation Methods:	Class Performance, Oral Exams
If Other:	
Instructional Methods:	Demonstration, Discussion, Multimedia presentations
If other:	
Work Outside of Class:	Course is lab only - minimum required hours satisfied by scheduled lab time
If Other:	
Up-To-Date Representative Texts:	
Alternative Texts:	USA Volleyball Beach Volleyball Rules Book https://ncaaorg.s3.amazonaws.com/championships/sports/volleyball/rules/beach/2023-25PRWSV_USAVBeachRulesBook.pdf
Required Supplementary Readings:	

Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
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Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.
Requisite Skill:	High school varsity experience or equivalent skill
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Le Valley Pattison
Date:	11/05/2024
Original Board Approval Date:	06/26/2025
Effective Term:	FA 2026