



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	255A
Descriptive Title:	Beginning Beach Volleyball
Division:	Health Sciences and Athletics
Department:	Kinesiology/Phys Ed/First Aid/CH/Med Term
Course Disciplines:	Physical Education
Catalog Description:	This course provides instruction and an introduction to strategies and practice of skills in beach volleyball. The course is designed to develop fundamental and basic skills in the sport. Rules and regulations will be covered as well as basic team strategies. The students will develop skills for participation in competition and leisure activities.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
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:	Fall 2016
Transfer UC:	Yes
Effective Date:	Fall 2016
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	
Other:	

IGETC:	
Term:	
Other:	
CalGETC:	
Term:	
Other:	
Student Learning Outcomes:	SLO #1 Explaining Strategies Student will be able to explain strategy in regards to wind direction and managing the elements. SLO #2 Proper Positioning Student will demonstrate proper positioning on the court during serve receive and defensive situations. SLO #3 Basic Fundamentals of Hitting Student will demonstrate and explain the basic fundamentals of a hitting approach.
Course Objectives:	1. Perform volleyball skills (passing, serving, setting, hitting, and blocking) at a proficiency level in game play. 2. Execute base positioning and serve receive at a proficiency level in game-like situations. 3. Evaluate defensive tactics to neutralize a strong hitter. Analyze the effectiveness of a block and a digger versus two diggers against that hitter. 4. Demonstrate knowledge of National Collegiate Athletic Association "NCAA" Sand Volleyball rules in match play. 5. Demonstrate offensive and defensive systems during competition. 6. Demonstrate the skill of passing initiated from a serve using the correct body and arm positioning. 7. Demonstrate three offensive techniques an attacker would use against an opponent. For example: Hitting, cut shot, and roll shot. 8. Discuss knowledge of physical training and how it can improve skill performance in a match. 9. Demonstrate sportsmanship and teamwork during game play.
Major Topics:	I. Safety Procedures and Equipment Maintenance (1 hour, lab) A. Evaluate and clean playing surface B. Inspect equipment for safety issues; balls, nets, lines, and training equipment C. Maintenance of the sand courts II. Rules and Regulations for Sand Volleyball (1 hour, lab) A. California Community College Athletic Association rules and regulations for Sand Volleyball B. NCAA rules and regulations for Sand Volleyball

III. Environmental Consideration for Outdoor Sport (1 hour, lab)

- A. Dealing with the elements; wind, rain, heat, cold
- B. Recognizing heat stress
- C. Sunblock and sun protection

IV. Proper Nutrition and Hydration for Optimal Performance (1 hour, lab)

- A. Foods to maximize performance
- B. Hydration basics
- C. Sunblock and sun protection

V. Skills Practice Offense (5 hours, lab)

- A. Serving
 - 1. Mechanics of the jump serve, float serve, jump float, standing top spin
 - 2. Serving into the wind or sun
- B. Blocking
 - 1. Mechanics of blocking
 - 2. Defining the blocking area
 - 3. Defending the court behind the block
- C. Spiking
 - 1. Mechanics of the approach
 - 2. Mechanics of the arm swing
 - 3. Approaching and swing for line or cross court attack

VI. Skill Practice Defense (5 hours, lab)

- A. Underhand dig
 - 1. Mechanics of underhand dig
 - 2. Body positioning for a dig
- B. Overhand dig
 - 1. Openhand digging mechanics
 - 2. Body position for overhand dig
- C. Passing
 - 1. Passing mechanics
 - 2. Body position for passing

VII. Physical Training (3 hours, lab)

- A. Jump training
- B. Agility training
- C. Footwork

VIII. Setting (2 hours, lab)

- A. Overhand set and hand positioning
- B. The bump set and arm positioning

IX. Offensive Attack (4 hours, lab)

- A. Spike - hard driven ball

	B. Off speed shot - finesse shot C. Cut shot - misdirection/severe slice D. Dink - short shot without finger action X. Comprehensive and Application of Game Rules in a Competitive Situation (2 hours, lab) XI. Competition Format (6 hours, lab) A. The doubles game B. The four person game C. The six person game XII. Officiating Sand Volleyball Games in Class (2 hours, lab) A. Demonstrate an understanding of the rules B. Managing the game XIII. Team Drills (6 hours, lab) A. Offensive drills B. Defensive drills C. Game strategies D. Counter attacks XIV. Game Competition and Play (15 hours, lab)
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
A.2. Primary Method of Evaluation (Part 2 - all courses; choose one):	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate knowledge of sand volleyball rules in game situations.
Critical Thinking Assignment 1:	After watching a sand volleyball match during class, present an oral report to your teammates and instructor identifying another team's strengths and/or weaknesses and identify what strategies could be employed to counteract their team play.
Critical Thinking Assignment 2:	Demonstrate to instructor the fundamental skills necessary to execute an effective pass. Explain to your teacher in a verbal response your strengths and weaknesses of that skill and what training or conditioning drills would be ideal for improvement.
Other Evaluation Methods:	Class Performance, Oral Exams, Performance Exams

Instructional Methods:	Demonstration, Discussion, Role play/simulation
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:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	

Enrollment Limitations Impact:	
Course Created by:	Le Valley Pattison
Date:	08/29/2014
Original Board Approval Date:	12/14/2015
Last Reviewed and/or Revised by:	Le Valley Pattison
Date:	04/10/2025
Last Board Approval Date:	12/16/2025
Effective Term:	FA 2026