

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** VARS 342    **TITLE:** Beach Volleyball  
**Units:** 3.0 units    **Hours/Semester:** 144.0-162.0 Lab hours  
**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)  
**Recommended Preparation:**

Students should have experience competing in interscholastic volleyball in order to succeed.

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Intercollegiate women's varsity beach volleyball competition in the Coast Conference and participation in regional and State Championship tournaments. (May be taken four times for a maximum of 12 units. However for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate an understanding of individual and team strategies through examination and competitive game situations.
2. Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.
3. Demonstrate an understanding of specific sport training and conditioning programs.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Develop a working knowledge of proper playing rules for the particular sport through written examination. Student will display adherence to rules and etiquette through demonstration during competitive game situations.
2. Demonstrate advanced fundamental techniques of the sport in both individual and group situations. Student will apply proper game technique in competitive situations.
3. Understand specific sport training and conditioning programs.
4. Participate in a competitive team environment interacting with teammates and opponents from diverse backgrounds.
5. Work with others to achieve a common goal.
6. Understand ethical issues and the consequences of choices and actions.

6. **COURSE CONTENT:**

**Lab Content:**

- Volleyball policies and regulations
- Orientation, care of equipment
- Safety rules and regulations
- Fundamentals of:
  - passing, setting, attacking
- Hitting, faults, and corrections, plus mental aspects
- Tactical team rotations and movement
- Various formations
- Team work
- Defensive positions
- Offensive positions
- Strategical adjustments
- Fitness and conditioning to include aerobic, anaerobic and, plyometrics
- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Volleyball

- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to Include:
  - Offense:
    - Court awareness (positioning)
    - Passing
    - Setting
    - Spiking, dink (shot placement)
    - Rotation
  - Defense
    - Court awareness (positioning)
    - Blocking
    - Rotation
    - Retrieving
- Team Tactical Development to Include both Offensive and Defensive Strategies
- Mental Imagery Techniques and Strategies

## 7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration

## 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

### Writing Assignments:

1. Students may be expected to observe, analyze and critique, in written form, game film of both opponents' strategies and team strategies.
2. Team and individual goal setting.
3. Individual nutritional progress journal.

### Reading Assignments:

Students may be expected to read, understand and apply team rules, NCAA rule book, CCCAA Constitution, team strategy.

## 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Performance
- F. Lab Activities
- G. Portfolios
- H. Quizzes
- I. Written examination

## 10. REPRESENTATIVE TEXT(S):

Other:

- A. Current NCAA Women's Volleyball handbook
- B. Current CCCAA Constitution and Bylaws
- C. Current CCCVCA Championship Handbook

**Origination Date:** July 2018  
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**Effective Term:** Fall 2019  
**Course Originator:** Andreas Wolf