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# PEIC-150B: OFF-SEASON ATHLETICS: BEACH VOLLEYBALL (WOMEN)

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**Effective Term**

Fall 2025

**BOT Approval Date**

12/17/2024

**Discipline**

PEIC - Physical Ed/Intercollegiate

**Course Number**

150B

**Course Title**

Off-Season Athletics: Beach Volleyball (Women)

**Short Title**

Off Season Beach Volleyball

**Credit Status (CB 04)**

D - Credit - Degree applicable

**Units****Lab Units**

1.00

to

3.00

**Total Units**

1.00 - 3.00

**Variable Hours****Lab Contact Hours Variable**

54 - 162

**Out of Class Hours Lab Variable**

0 - 0

**Total Student Learning Hours Variable**

54 - 162

**Is this an existing Extensive Lab?**

No

**Do you want to propose this for Extensive Lab?**

No

**Distance Education**

No

**Catalog Description**

This course is intended for off-season beach volleyball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate beach volleyball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.



### Attach Supporting Documents

PEIC-150B\_ Off-Season Athletics\_ Beach Volleyball (Women).pdf

## Requisites

### Prerequisite(s)

#### Prerequisite(s) (must be taken before)

Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

## Codes

### TOP Code (CB 03)

0835.50 - Intercollegiate Athletics

### CIP Code

13.1314 - Physical Education Teaching and Coaching.

### Repeatability Code

Yes

### Number of times course can be repeated

4

### Reason for Repeatable

Intercollegiate athletics

### Grading Option

Letter grade OR P/NP

## Learning Objectives

### Learning Objectives

#### Learning Objective

1. Demonstrate athletic fundamentals necessary for beach volleyball competition.
2. Practice strategies, techniques, and rules for beach volleyball competition.
3. Apply principles of strategies in beach volleyball game situations.
4. Develop teamwork abilities and display strong communication skills in practice and competition regarding team rules.
5. Scrutinize the rules of CCCAA eligibility for intercollegiate beach volleyball competition and transfer.
6. Analyze baseline athletic beach volleyball conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.
7. Produce beach volleyball training exercises at maximum load and intensity in order to assess overall conditioning levels.
8. Combine increased conditioning levels with improved beach volleyball techniques and strategies to optimize performance.
9. Develop students physical strength, technical skills, and strategic understanding of beach volleyball while fostering an inclusive, accessible, equitable, and diverse environment.

## Learning Outcome Information

### Course Learning Outcomes

#### Learning Outcome

1. The student will improve physical conditioning and develop an understanding of the value of physical fitness for lifelong health and wellness.
2. The student will demonstrate cooperation with teammates and display strong communication skills in beach volleyball training, practice and competition.
3. The student will perform athletic fundamentals and techniques necessary for beach volleyball competition.

4. The student will demonstrate the capacity to communicate and collaborate effectively across differences, ensuring equitable support for all students, and applying inclusive practices that enhance both individual and collective performance.

## Program Learning Outcomes

### Learning Outcome

Demonstrate proficiency, knowledge, skills and abilities to compete in various individual and team sports as an athlete, official, or a coach.

Design and perform a safe and appropriate exercise program to increase and measure the five components of fitness (cardiovascular endurance, muscle strength, muscle endurance, flexibility, body composition) for diverse populations.

## Institutional Learning Outcomes

**Aesthetic Awareness:** The student will identify and evaluate how aesthetic expression leads to an appreciation of social and cultural context as well as the values of art and nature.

**Civic**

**Personal**

**and Professional Responsibility**

## Content

### Course Lab Content

#### 1. Introduction

- a. Reflecting on the previous season's performance to identify strengths and areas for improvement. Emphasis will be placed on developing personal goals related to skill development, weight training, and strategic understanding for the upcoming season
- b. Creating long-term goals that span the off-season, with specific benchmarks for skill and strength progress

#### 2. Rules and Regulations for Beach Volleyball

- a. Review of basic rules to incorporate into practice and conditioning drills
- b. Understanding how rules impact movement and conditioning needs
- c. Coaching Philosophy
  - i. Emphasizing a holistic and inclusive approach to off-season conditioning

#### 3. Safety

- a. Guidelines for safe conditioning practices, especially in off-season training
- b. Warm-up and cool-down procedures to avoid injury during conditioning
- c. Hydration and proper nutrition for optimal performance

#### 4. Skill Development for Beach Volleyball

- a. Skills- Focus on enhancing key volleyball skills alongside conditioning work
- b. Techniques- Drills designed to reinforce proper technique during practice
- c. Strength- Exercises targeting overall body strength, focusing on volleyball-specific muscles

#### 5. Accessible Content for All Abilities

- a. Providing Alternatives for Those Who May Require Modifications
  - i. Ensuring all athletes can meaningfully participate in off-season conditioning
  - ii. Offering modified conditioning drills for athletes with different physical abilities
  - iii. Ensuring athletes of all abilities can participate effectively
    1. Adaptations and modifications for athletes with different physical abilities
    2. Inclusive drills that accommodate varying fitness levels

#### 6. Beach Volleyball Plyometric

- a. Jump Training
  - i. Vertical leap drills for enhancing jumping ability
- b. Agility Training
  - i. Advanced drills to improve lateral quickness and response times

#### 7. Fitness Development

- a. Olympic Lifts
    - i. Incorporating Olympic-style lifts to enhance full-body strength and explosiveness
  - b. Endurance Development
    - i. Continued focus on endurance through targeted drills and other exercises
  - c. Agility and Vertical Jump
    - i. Drills to improve vertical jump height and agility for in-game situations
  - d. Ensuring athletes of all abilities can participate effectively
    - i. Adaptations and modifications for athletes with different physical abilities
    - ii. Inclusive drills that accommodate varying fitness levels
8. **Injury Rehabilitation**
- a. Tailored programs for athletes recovering from injury, focusing on regaining strength and mobility
9. **Injury Prevention Program**
- a. Preventative exercises to strengthen key areas prone to injury (e.g., shoulders, knees)
  - b. Emphasis on proper technique and flexibility to avoid overuse injuries

## Methods of Instruction

### Method

Observation and Demonstration

### Integration

Observation and demonstration will be used to teach and apply communication techniques essential for practice and competition in beach volleyball. Students will watch demonstrations of skills and drills by the coach or advanced athletes to showcase proper techniques. Peer observation will also be encouraged, allowing students to provide constructive feedback to one another during practice, promoting collaboration, inclusion, and enhanced learning.

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### Method

Film/video Viewing and Discussion

### Integration

Audio-visual materials will be utilized to enhance students' learning experiences as part of a cohesive review of the various topics that apply to Beach Volleyball. Videos of current and past matches and practices will be used to increase students' awareness. Video clips and films allow students to observe methods, processes, and other factors relevant to their own beach volleyball, while also observing and assessing other teams and individual influences on beach volleyball.

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### Method

Activity

### Integration

Individual and group skill development and physical training, to help prepare athletes for intercollegiate beach volleyball competition season. This approach ensures that strength training, cardiovascular conditioning, and sport-specific drills are interwoven into the course, allowing athletes to progressively improve their fitness and skills in a practical, game-like environment in preparation for the season.

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### Method

Directed Study

### Integration

Utilize a directed study for the students to develop personalized, long-term training plans based on their reflective assessment of the previous season. These plans will incorporate regular progress check-ins with the instructor, allowing for adjustments based on individual progress and evolving goals.



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## Methods of Evaluation

### Method

Portfolios

### Integration

Portfolios will be used to assess student fitness and skill training progress. Students will be given a pre and post test for strength and beach volleyball skills. The fitness test will include a: weight lifting and jump test. The skills test will included: passing, serving, setting and hitting. Portfolios will include a goal-based component where students document specific long-term weight lifting and skill goals, along with milestones achieved throughout the off-season. In addition, students will complete a reflection paper analyzing their overall growth, challenges faced, and future objectives for the upcoming season

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### Method

Class Performance

### Integration

Class performance will be assessed daily to track skill development and understanding of beach volleyball tactics and strategies. Evaluation will include a mix of skill drills, fitness assessments throughout the course, and summative assessments such as a final scrimmage or competition to reflect overall progress. Students will be evaluated based on their performance, with emphasis on identifying strengths and areas for improvement in a culturally diverse and inclusive team setting.

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### Method

Final Performance

### Integration

Final performance will be evaluated for weightlifting maximums and a mile endurance run. Students will establish baseline lifts and a mile endurance run. Students will establish baseline lifts and endurance at the beginning of the semester and will be evaluated during the final weeks of the class on their progress. Structured testing will be conducted for weightlifting maximums and mile run endurance.

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### Method

Class Performance

### Integration

Papers will be used to evaluate students through self-assessment, including how the strategies from their own off-season training contribute to their athletic development. Papers will also analyze key concepts such as mental toughness and goal-setting, while reflecting on how these insights can improve both physical and mental performance. Students will be evaluated on their ability to critically reflect on their training, implement new strategies, and demonstrate an understanding of the broader impact of mental and physical preparation in sports.

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## Assignments

### Assignment Type

Writing

### In-class and/or outside of class

In-class

Outside of class

### Formative or Summative

Summative



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**Assignment**

Off-Season Portfolio: Directions: For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio must contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your off-season training development. Your portfolio should contain your commitment to a diverse culture and your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester. 2. Off-Season Video Analysis/Breakdown: Directions: For this assignment, you will be required to watch and analyze video of yourself and assess your technique and work within the beach volleyball scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress through the off-season training. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their volleyball schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

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**Assignment Type**

Writing

**In-class and/or outside of class**

In-class

**Formative or Summative**

Summative

**Assignment**

You will write a one-page reflection on your experience during the off-season beach volleyball course. Discuss how strength training and drills have improved your fitness and skills, including game strategy. Reflect on challenges, goal-setting, and how diversity, equity, and inclusion have shaped your experience as a teammate. Finally, identify areas for future improvement as you prepare for intercollegiate competition. You will be graded on the depth of your reflection, your ability to connect these experiences to personal growth, and the clarity and organization of your writing.

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**Assignment Type**

Reading

**In-class and/or outside of class**

Outside of class

**Formative or Summative**

Summative

**Assignment**

Read *The Champion's Mind: How Great Athletes Think, Train, and Thrive* by Jim Afremow. As you read, take notes on key strategies for mental toughness, goal-setting, and balancing physical and mental training during the off-season. After completing the reading, write a 2-3 page reflection discussing how the book's insights can be applied to your own off-season training for beach volleyball. Focus on how you can implement these strategies to improve both your physical conditioning and mental approach to competition. You will be graded on your understanding of the book's concepts, your ability to apply these insights to your own training, and the clarity and organization of your writing.

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**Assignment Type**

Writing

**In-class and/or outside of class**

In-class

**Formative or Summative**

Formative

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## Assignment

During off-season class focused on specific beach volleyball skills such as serving, passing, and arm control you will participate in drills where you practice techniques in small groups. After each round, you will provide constructive feedback to your peers using a checklist that focuses on key elements like footwork, ball control, and adjustments. The instructor will move between groups, offering additional feedback and assessing your progress. At the end of the session, you will write a brief reflection on what you improved and set goals for further practice. This assessment will be graded based on active participation, demonstrated improvement, the quality of peer feedback, and thoughtful self-reflection.

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## Course Materials

### Textbooks

USA Beach Volleyball (2023-2025) Rule Book ISBN: 978-0-9914950-7-8

### Other Resources

Minimum Qualification

## Class Size Information

### Class Size

32

### Class Size Category

F - Individualized, skills#based instruction/field practice 30

## Diversity and Inclusion

**Explain how diversity and inclusion(e.g., gender, culture/race, sexuality, etc.) is infused into the course.**

PEIC 150 allows student athletes to break through structural barriers for female athletes across different communities, especially communities of color. PEIC 150B provides students an opportunity to continue their athletic career and education at a four-year institution. PEIC 150B is offered to break systemic barrier encountered by People of Color such as: access to quality instruction/coaching, access to equipment or fitness instruction, access to time or resources necessary for sport specific training instruction.

**Describe how assignments, instruction, evaluation, course content, and interactions are contextualized for diverse learners promoting an equitable course.**

The assignments are designed that can be taught to students with different learning styles and preferences. Students will be in a team environment with a diverse group of students. They will learn how to use their diverse strengths and interests to excel, ensuring equal opportunities for success. The instruction will be clear and accessible to promote diverse learning. Instructors will provide direction that accommodates different cultures, backgrounds, and abilities. The evaluation will be fair and unbiased. Assessment criteria will be designed to acknowledge and appreciate diverse skill level and ability.

## Interactions

**Explain how the course will incorporate student-to-student interaction.**

Students will participate in small-group lifting drills and skill-building sessions that focus on essential beach volleyball strength and skills such as passing, serving, and footwork. Each session will include peer feedback, where students assess each other's progress on a checklist of core skills, reinforcing teamwork and inclusive communication practices that accommodate various skill levels."

**Explain how the course will incorporate instructor-to-student interaction.**

Instructor-to-student interaction will include personalized feedback sessions, where the instructor reviews each student's long-term training plan and provides guidance based on progress. Video analysis will be used to examine both weight lifting technique and maximums and skill execution and areas for improvement, with methods tailored to diverse learning preferences

**Explain how the course will incorporate student-to-content interaction.**

Student to content interaction will be incorporated by live game play and weight lifting maximums and skill assessment.

**Explain how the course will incorporate student-to-self interaction (metacognitive).**

Student to self-interaction will be incorporated by personal goal setting, video analysis, and self-reflection journals according to long term goals.



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