

**BEACH VOLLEYBALL
PHED 138
HYBRID
FALL 2020**

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WHERE DOES THIS CLASS MEET?

The **Friday** BEACH VOLLEYBALL classes meet at the beach at Ocean Park Beach in Santa Monica. A CLASS EMAIL WILL BE SENT TO EACH STUDENT WITH DIRECTIONS AND INSTRUCTIONS OF WHERE WE MEET AND PLAY.

(Parking is available at the beach. Transportation is the responsibility of the student-details during first class zoom session).

WHAT IS THE HYBRID CLASS SCHEDULE?

**(THE FIRST FRIDAY WILL BE A ZOOM SESSION
WITH ALL THE INFORMATION)**

WE WILL PLAY ALTERNATING FRIDAYS AT THE BEACH

(AUG 28, SET 11, SEPT 25, OCT 9, OCT 23, NOV 6)

ASSIGNMENTS ON THE BEACH VOLLEYBALL HOT TOPIC OF THE WEEK WILL BE ASSIGNED ON BLACKBOARD ON OTHER FRIDAYS.

COURSE DESCRIPTION

A **BEACH** volleyball class emphasizing the development of **SAND** volleyball skills specifically for the **beach** doubles game: passing, setting, hitting, blocking, dropping, digging and serving. To become knowledgeable of the **SAND** volleyball rules, tactics and various offensive/defensive strategies. To understand how to play in various weather conditions and how to find the right volleyball partner for you in beach doubles. Specific **BEACH** conditioning drills are incorporated into each class to develop muscular endurance, muscular strength, and the recruitment of fast twitch muscle fibers needed to play the game of **BEACH VOLLEYBALL**.

ONE ACADEMIC UNIT OF CREDIT, NO PREREQUISITE.

COURSE OBJECTIVES

To Gain Knowledge And Understanding Of:

1. The basic skills required to play the beach game: serving, defensive and offensive strategies, dropping, blocking, setting techniques, passing positioning, and hitting different type of shots.

ALL SPECIFIC TO THE BEACH DOUBLES GAME.

2. The rules/strategies of beach volleyball according to the USA beach volleyball rules handbook.

To Learn And Develop The Following Skills:

1. Improve individual skills through video analysis of the game.
2. Team strategy and how to incorporate the mental aspect of the game to enhance your level of play.
3. Physical conditioning for optimum sand performance.

Physical Education Objectives

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Define the various health components of fitness.
- Recognize the physical and mental benefits of increased activity.
- Determine factors involved with development, fitness levels and training strategies.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

- Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Understand and utilize various training methods.
- Assess individual levels of fitness components.
- Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

TEXTBOOK*

Kiraly, Karch, (1999) Beach Volleyball, Human Kinetics.

* Textbook Is On Reserve At Leavey Library (Library Use Only).

EQUIPMENT

Proper workout attire for the beach game: sunglasses, sunscreen, water, towel, sand socks

USC is Physical Education IS NOT responsible for any lost, stolen or damaged property.

Evaluation Criteria

250 Total Points						
Cognitive	50%	125 Pts.		Psychomotor	50%	125 Pts.
Final Exam	25%			Participate	30%	
Midterm paper	20%			skills	20%	

Observation (Analyze and evaluate USC VB match)	5%				
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(MAKE-UPS WILL NOT BE GIVEN FOR ANY OF THE COGNITIVE OR PSYCHOMOTOR COMPONENTS)

**** Students Requesting Academic Accommodations Based On A Disability Are Required To Register With Disability Services And Programs (Dsp) Each Semester. A Letter Of Verification For Approved Accommodations Can Be Obtained From Dsp When Adequate Documentation Is Filed. Please Be Sure The Letter Is Delivered To Me As Early In The Semester As Possible. Dsp Is Open Monday-Friday, 8:30 Am -5:00 Pm. The Office Is In Student Union 301 And The Phone Number Is (213) 740-0776.**

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, ([HYPERLINK "http://www.usc/scampus"](http://www.usc/scampus) www.usc/scampus or [HYPERLINK "http://scampus.edu"](http://scampus.edu) <http://scampus.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

“A lot of indoor players are specialists, but on the beach you need to play all phases well, and you need a lot of ball control.”

Karch Kiraly, 3 time Olympic Gold Medalist (1984,88 indoor and 1996 Beach-best player in the world)

COURSE CONTENT AND SCHEDULE

WEEK 1. ZOOMCourse Introduction

AUG 21

WEEK 2. LET'S PLAY BEACH VB! BASIC SKILL DEVELOPMENT

AUG 28

WEEK 3. BLACKBOARD ASSIGNMENT

SEPT 4

WEEK 4. LET'S PLAY BEACH VB! STRATEGY OF BEACH DOUBLES

SEPT 11

WEEK 5. BLACKBOARD ASSIGNMENT

SEPT 18

WEEK 6. LET'S PLAY BEACH VB! HAND SIGNALS

SEPT 25

WEEK 7.MIDTERM OCT 2!!!! ON BLACKBOARD

WEEK 8 .LET’S PLAY BEACH VB! OFFENSIVE STRATEGIES
OCT 9

WEEK 9. BLACKBOARD ASSIGNMENT
OCT 16

WEEK 10. LETS PLAY BEACH VB!! SPEED/AGILITY OCT 23

WEEK 11. BLACKBOARD ASSIGNMENT
OCT 30

WEEK 12. LETS PLAY BEACH VB! TEAM STRATEGY
NOV. 6

WEEK 13. FINAL ON BLACKBOARD NOVEMBER 13!!!!

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.