

## **BEACH VOLLEYBALL: PHED 138 (1unit)**

• **Lecturer Julie Sprague** • Email: jsprague@usc.edu • Class Location: Ocean Park Beach, SANTA MONICA  
Office Hours: 1:00-2:00 Monday's or by appointment • Office: PED 210 • Blackboard(Bb): <https://blackboard.usc.edu>

### **Physical Education & Mind Body Health (PEMBH) Mission**

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

### **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, techniques 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:**

1. Demonstrate the basic skills required to play the beach game: serving, defensive and offensive strategies, dropping, blocking, setting techniques, passing positioning, and attacking using a variety different shots. ALL TECHNIQUE SPECIFIC TO THE BEACH DOUBLES GAME.
2. Interpret and exhibit the rules, and strategies of beach volleyball according to the USA beach volleyball rules handbook.
3. Perform fundamental beach volleyball skills and knowledge in match play.
4. Recognize the significance of participation and how to participate in beach volleyball as a lifetime sport.
5. Develop team strategy and how to incorporate the mental aspect of the game to enhance the level of play.

### **PHYSICAL EDUCATION & MIND BODY HEALTH OBJECTIVES:**

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

- Understand anatomy, basic bio mechanical principles and terminology.
- 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.



## **WEEKLY COURSE CONTENT AND SCHEDULE:**

WEEK 1	Course Instruction / Fundamental Instruction of the Basic Beach Volleyball Skills
WEEK 2	Evolution of Beach Volleyball
WEEK 3	The Serve (Chapter 3) The Pass (Chapter 4)
WEEK 4	The Set (Chapter 5) The Attack/Hit (Chapter 6)
WEEK 5	The Block/Hand Signals (Chapter 7)
WEEK 6	The Dig/The Overhead Dig (Chapter 8)
WEEK 7	Team Skills/Partners -Observation Assigned
WEEK 8	<b>*MIDTERM EXAM</b>
WEEK 9	Beach Conditioning (Chapter 10)
WEEK 10	Speed, Agility, and Endurance (Chapters12,13)
WEEK 11	Partnerwork
WEEK 12	Team Strategy-Tournament Play
WEEK 13	Tournament Play
WEEK 14	*SKILLS REVIEW* Observation is DUE
WEEK 15	PLAY <b>*FINAL EXAM – last day of class</b>

## **IMPORTANT DATES:**

3 <sup>rd</sup> week	Last day to change grading option (Letter Grade, P/NP,Audit)
7 <sup>th</sup> week	Last day to drop without a “W” and to switch a pass/no pass status to a letter grade
8 <sup>th</sup> week	Midterm
9 <sup>th</sup> week	Last day to drop a W and to switch a pass/no pass status to a letter grade.
12 <sup>th</sup> week	Last day to drop with a W on permanent record
15 <sup>th</sup> week	Final Exam

**As Trojans, we will:** *Act with integrity in the pursuit of excellence. Embrace diversity, equity, and inclusion, and promote well-being. Engage in open communication and be accountable for living our values.*

<https://culturejourney.usc.edu/explore/unifying-values/#our-unifying-values-and-behaviors>

### **COVID-19 (Class Guidelines)**

USC (Covid-19) Resource Center <https://we-are.usc.edu/>

## **Academic Conduct & Support Systems**

### **Academic Integrity**

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

### **Student & Disability Accommodations**

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at [osas.usc.edu](https://osas.usc.edu). You may contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto:osasfrontdesk@usc.edu)

### **Support Systems**

#### **[Counseling and Mental Health](#)**

**(213) 740-9355 – 24/7 on call**

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

#### **[988 Suicide and Crisis Lifeline](#)**

**988 for both calls and text messages – 24/7 on call**

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

#### **[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)**

**(213) 740-9355(WELL) – 24/7 on call**

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

#### **[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)**

**(213) 740-5086**

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

**(213) 740-5086 or (213) 821-8298**

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

**(213) 740-0776**

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

**(213) 740-0411**

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

**(213) 740-2101**

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

**UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call**

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

**UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call**

Non-emergency assistance or information.

[Office of the Ombuds](#)

**(213) 821-9556 (UPC) / (323-442-0382 (HSC)**

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

**(323) 442-2850 or [otfp@med.usc.edu](mailto:otfp@med.usc.edu)**

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.