

Glendale College

Course Outline of Record Report

Course ID 010278
Revision - November 2025

ATHPE145 : Women's Intercollegiate Beach Volleyball

General Information

Author:	• Erin Calderone
Attachments:	DE Addendum Emergency Online_ATHPE_145 COR_9:27:2023 CoDE_11:28:2023.pdf
Course Code (CB01) :	ATHPE145
Course Title (CB02) :	Women's Intercollegiate Beach Volleyball
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000578448
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	ATHPE 145 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's beach volleyball. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 145 is designed for the intercollegiate beach volleyball team. Note: May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

08/28/2023

Comparable Course

No Comparable Course defined.

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

4

Maximum Credit Units (CB06)

4

Total Course In-Class (Contact) Hours

180

Total Course Out-of-Class Hours

36

Total Student Learning Hours

216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	2
Laboratory Hours	9	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	162
Studio	0
Total	180
Course Out-of-Class Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Apply a variety of offensive and defensive skills appropriate for intercollegiate beach volleyball.	No Value

Integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition.	No Value
Display cardiovascular health, muscular strength and endurance.	No Value
Utilize verbal communication necessary for collegiate competition.	No Value
Demonstrate how to apply workable solutions within a team environment.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)
No Value

Specifications

Methods of Instruction	
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Discussion
Methods of Instruction	Lecture

Methods of Instruction	Laboratory			
Methods of Instruction	Multimedia			
Out of Class Assignments				
<ul style="list-style-type: none"> • Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback) • Goal setting (e.g. written re-evaluation of goal performance every week) • Game analysis (e.g. written summary and review of game film both team and individual) 				
Methods of Evaluation	Description of Activity/Interaction			
Exam/Quiz/Test	Written play exams (e.g. diagram test for blocking one on one)			
Activity (answering journal prompt, group activity)	Demonstration evaluations (e.g. serve receive passing using angles)			
Activity (answering journal prompt, group activity)	Video movement analysis			
Other	Weekly competition			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				
Description	2022 Beach Domestic Competition Regulations			
Author	National Collegiate Athletic Association. Indianapolis NCAA			
Citation	No value			
Online Resource(s)				

Learning Outcomes

Course Objectives

Identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations.

Demonstrate collegiate level passing, setting, and hitting techniques in beach volleyball.

Recognize the role of nutrition in athletic performance.

Break down and apply offensive and defensive schemes.

Apply practical and general knowledge of the game of beach volleyball and its rules.

Integrate conditioning and weight training into daily practices.

Demonstrate the ability to work with a team member as a unit and develop team concepts.

SLOs

Perform fundamental mechanics for effective performance in the sport of beach volleyball.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
Core ILOs

ATHPE Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
Core

PLOs Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Demonstrate and apply technical and tactical skills necessary for collegiate competition.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Integrate cooperative skills needed to perform at a high level of play.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Integrate and execute advanced cooperative skills needed to perform at a high level of play.
Core
PLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Team Philosophies and Rules (4 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- CCCAA decorum policies
- Training room policies for treatment

Safety for Beach Volleyball (4 hours)

- Injury prevention exercises
- Proper protection from sun
- Proper warm-up
- Proper cool-down

Understanding the Environmental Elements (3 hours)

- Sand
- Wind
- Sun

Understanding Team Dynamics (4 hours)

- Creating a positive team environment
- Effective communication under stress

Nutrition for the Competitive Athlete (4 hours)

- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: Good or bad
- Hydration

Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (2 hours)

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours: 18**Laboratory/Studio Content****Fundamental Conditioning for Beach Volleyball (18 hours)**

- Agility
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training
- Environmental elements
- Sand
- Wind

Advanced Fundamental Skills in Beach Volleyball (48 hours)

- Overhand/forearm passing
- Serve Receive
- Tomahawk passing
- Dig
- Jump Serve
- Top spin
- Floater
- Blocking
- One man block
- Hand signals
- Blocking line
- Blocking Angle
- Attacking
- Hard driven attack
- Roll shot
- Attacking areas

Offense Strategies for Intercollegiate Beach Volleyball Competition (45 hours)

- Play development 2 versus 2
- Court areas and placement of attacking
- Using angles with partner
- Dimension of sand court

Defense Strategies for Intercollegiate Beach Volleyball Competition (51 hours)

- Home positions
- Transition from defense to offense
- Defending at the net
- Changing defenses
- Free ball height

Total hours: 162

Additional Information**Repeatability**

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate academic or vocational competition courses where the course is part of a district-sanctioned competitive activity

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No

What term(s) will this course be offered?

Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value