

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: PE127 Beginning Beach Volleyball

Effective Semester / Session: Spring 2025

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

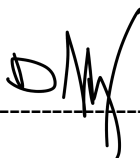
Course Alpha and Number: PE127

Course Title: Beginning Beach Volleyball

Reason for initiating, revising, or canceling:

This course guide is undergoing a regularly scheduled update. Minor changes include aligning the guide with the new L.A. Kinesiology degree emphasis and incorporating current industry-standard terminology.

Denise J. Myers



9.17.24

Proposer

Date



Velma C. Deleon Guerrero

9/18/2024

Department Chair

Date



Adam Walsh

09.16.24

Language & Format Review Specialist

Date



Velma C. Deleon Guerrero

9/18/2024

Academic Council Chair

Date



Lorraine Maui (Sep 18, 2024 08:39 GMT+10)

Lorraine Maui

18/09/24

Dean of Learning & Student Success

Date

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Course: PE127 Beginning Beach Volleyball

1. Department

Science, Mathematics, Health & Athletics

2. Purpose

This course is being created to fulfill the group PE course requirement for the Liberal Kinesiology degree emphasis. PE127 provides a class where students can learn the basic rules, skills, strategies, court etiquette, and sportsmanship of beach volleyball.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required: None

Recommended: None

B. Contact Hours

1. **Lecture:** None
2. **Lab:** None
3. **Other:** 30 per semester

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credit

D. Catalog Course Description

This course introduces students to the fundamental strategies and skills of beach volleyball, including but not limited to bumping, setting, spiking, and serving. Students will take part in team play. Prerequisites: None, English Placement Level: EN073/EN074, Math Placement Level: None. (Offered Spring & Fall)

E. Degree or Certificate Requirements Met by Course

This course is designed to fulfill a group PE credit for a Liberal Arts Kinesiology degree emphasis and to serve as a PE credit for all other Liberal Arts degrees.

F. Course Activities and Design

This course is a 6-10 week course meeting three days per week to adhere to the U.S. physical activity guidelines for Americans, while offering students the opportunity to enhance their volleyball skill set. Activities will include verbal and visual demonstrations of beach volleyball skills and strategies. Practical instruction will cover various techniques, such as the “bump, set, and spike”, with dedicated time for students to practice and receive feedback.

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4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: None

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN073/EN074

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course, cost of textbook/ASEP test.

Cost to the College: Salary of instructor

Instructional resources needed for this course include: volleyballs, volleyball nets, court/area to play volleyball, cones, stop watch, and whistle.

6. Method of Evaluation

Student will be evaluated based on: various individual skills tests, class attendance/participation, and a final exam. NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Basics of Physical Activity

1.1 Equipment

1.2 Warming up and cooling down

2.0 Basic Beach Volleyball Rules and Terminology

3.0 Skills

3.1 Serving

3.2 Passing

3.3 Hand setting

3.4 Blocking

3.5 Spiking

3.6 Serve reception

4.0 Team Play

4.1 Defensive strategies

4.2 Serving strategies

4.3 Hitting strategies

4.4 4 versus 4 play

4.5 3 versus 3 play

4.6 2 versus 2 play

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8. Instructional Goals

The course will introduce students to:

- 1.0 Common terminology used in beach volleyball;
- 2.0 The rules of beach volleyball;
- 3.0 Beach volleyball set and game scoring; and
- 4.0 Proper technique for bump passing, setting, and serving.

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9. Student Learning Outcomes

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

- 1.0 Identify beach volleyball terminology;
- 2.0 Apply rules of beach volleyball to play;
- 3.0 Properly score a volleyball set;
- 4.0 Demonstrate proficiency in bump passing;
- 5.0 Demonstrate proficiency in setting; and
- 6.0 Demonstrate proficiency in serving.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Individual Skills Tests; and
- 2.0 Final Exam;






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Final Audit Report

2024-09-17

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