

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2019

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 is being created to fulfill the group PE course requirement for the Liberal Arts Health & PE degree emphasis. Other group sports may currently be challenging due to the lack of sports facilities/space post typhoon YUTU.


Denise J. Myers
Proposer
11/7/19
Date


Velma C. Deleon Guerreo
Department Chair
11/7/2019
Date


Adam Walsh
Language & Format Review Specialist
11.07.19
Date


Ajani Burrell
Academic Council Chair
11.7.19
Date


Charlotte Cepeda
Dean of Learning & Student Success
11/12/19
Date

Course: PE127

1. Department

Science, Mathematics, Health and Athletics

2. Purpose

This course is being created to fulfill the group PE course requirement for the Liberal Arts Health & PE degree emphasis. Other group sports may currently be challenging due to the lack of sports facilities/space post typhoon Yutu. PE 127 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: N/A

Recommended: N/A

B. Contact Hours

1. **Lecture:** N/A
2. **Lab:** N/A
3. **Other:** 30 per semester

C. Credits

1. **Number:** 1
2. **Type:** Regular degree credit

D. Catalogue 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: N/A, English Placement Level: EN073/EN074, Math Placement Level: N/A. (Offered Spring)

E. Degree or Certificate Requirements Met by Course

This is a required course for a degree in Liberal Arts emphasis in Health & PE and serves as a physical education credit for all degree programs that require a physical education course.

F. Course Activities and Design

This course will be a 10 week course that meets 3 days per week in order to properly advance skill development and physical fitness. Activities will include lectures on beach volleyball skills and strategies, as well as health-related skills: cardiovascular fitness, warm-up, and cool-down. Practical instruction will include various beach volleyball skills and time for students to practice said skills accompanied by feedback.

Northern Marianas College Course Guide

Page: 3

Course: PE127

4. **Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: N/A

Concurrent Course Enrollment: N/A

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN073/EN074

Mathematics Placement Level: N/A

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.

Course: PE127

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

Course: PE127

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.

Course: PE127

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;