

# ATHL 0105 - SPRINGBOARD DIVING TRAINING

## Catalog Description

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced diving skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses diving training, skills, knowledge, strategy, and appreciation. Intended for students with high school and/or recreational experience who are preparing for competitive intercollegiate diving. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Describe the parts of the diving board.
- CSLO #2: Demonstrate a dive from each of the five diving groups.
- CSLO #3: Evaluate the properties of a competitive dive.
- CSLO #4: Dissect safety guidelines for performing a dive.
- CSLO #5: Design a workout, individually, which demonstrates a variety of skills and exercises to achieve a stated result.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Identify the parts of the diving board;
2. Describe diving safety measures;
3. Evaluate the properties of the four components of a competitive dive;
4. Compile a set of skills, with a stated objective;
5. Develop a workout, individually, which demonstrates a variety of skills and exercises to achieve a stated result;
6. Identify and demonstrate the approach, hurdle, and take off, for the front, back, reverse, inward, and twisting dives;

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Reports
  - Example: Students will create a written workout routine and teach it to the class. Rubric Grading.
- Skill Demonstrations
  - Example: Instructor will discuss the proper drills and techniques to perform a specific dive and students will demonstrate the dives. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will lead a class discussion on proper drills and techniques to perform a specific dive. The students will respond by practicing the drills. (Objective 4)
2. Instructor will have students describe the mechanical corrections to improve a diving skill. The instructor will be evaluating and giving feedback on the skills. (Objective 4)

Distance Learning

1. Instructor will lecture on the parts of the diving board. Students will list and explain parts of the diving board. (objective 1)

## Typical Out of Class Assignments Reading Assignments

1. Read chapters in Springboard and Platform Diving, be prepared to discuss diving basics in class.
2. Read chapter in Springboard and Platform Diving on training and peaking for competition, be prepared to create a periodization plan in class.

## Writing, Problem Solving or Performance

1. In a one-page paper, analyze the different types of dives, and the difficulty involved in performing each.
2. Outline the set of skills relevant to performing a competitive dive.
3. Develop a diving workout routine to demonstrate and teach to a springboard diving class.

## Other (Term projects, research papers, portfolios, etc.)

## Required Materials

- Springboard & Platform Diving
  - Author: Jeffrey Huber
  - Publisher: Human Kinetics
  - Publication Date: 2015
  - Text Edition: 1st
  - Classic Textbook?: No

- OER Link:
- OER:
- The Competitive & Technical Rules of USA Diving 2019-2020
  - Author: Curt Wilson
  - Publisher: USA Diving, Inc.
  - Publication Date: 2019
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- 2019-2021 Men's and Women's Swimming and Diving Rules
  - Author: National Collegiate Athletic Association
  - Publisher: National Collegiate Athletic Association
  - Publication Date: 2019
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**