

ATHL 0164 - INTERCOLLEGIATE WATER POLO (W)

Catalog Description

Formerly known as PHED 137

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

Hours: 58 laboratory per unit

Description: Intercollegiate women's water polo competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Exhibit a higher level of personal fitness.
- CSLO #2: Demonstrate movements in the water and on land.
- CSLO #3: Outline offensive and defensive drills.
- CSLO #4: Create a water polo workout.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze and perform a dedication to excellence in training and competition while representing Sierra College.
2. Develop skills resulting in successful teamwork.
3. Evaluate personal fitness levels at the start and finish of the course / season using various assessments.
4. Implement rules of competition through practice games.
5. Demonstrate a higher level of skills corresponding with each course repetition.
6. Identify and implement good sportsmanship while representing Sierra College, and the Athletic Program.
7. Distinguish between safe and harmful movements in the class environment.
8. Evaluate techniques of movement in the water vs. on land.
9. Identify appropriate movements to achieve specific fitness goals, and/or competitive goals.
10. Analyze and identify different types of fouls associated with water polo.

11. Compile a set of drills, with a stated objective.
12. Develop a workout which demonstrates a variety of exercises and drills to achieve a stated result or goal.

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

- Objective Examinations
 - Example: Students will take a written examination on the NCAA Rules for Water Polo. True or False: Each team shall consist of 7 players, including the goalkeeper.
- Skill Demonstrations
 - Example: Students will be evaluated on passing and shooting techniques. Pass/Fail grading

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on fouls and students will analyze and compare different types of fouls associated with water polo. (Objective 5)
2. Following instructor discussion on fitness assessment techniques, students will evaluate personal fitness levels at the beginning and end of the course / season. (Objective 3)

Distance Learning

1. The instructor will lecture on how to evaluate techniques of movement in the water vs. on land. The students will outline the water/land techniques. (objective 8)

Typical Out of Class Assignments Reading Assignments

1. Read and be prepared to discuss NCAA Water Polo Rules Handbook.
2. Read Chapter 2 of Mental Toughness for Water Polo players, Shooting Technique and Skills, and compile a set of drills to perform at practice aimed to improve a player's inside water shots.

Writing, Problem Solving or Performance

1. Keep a weekly journal listing skills practiced and/or learned throughout the week.
2. Demonstrate a set of ten skills relevant to passing, catching and dribbling the ball.

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

Required Materials

- NCAA Water Polo Rules Handbook
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2019-21
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:
- The Novice Guide Book to mental toughness for water polo players
 - Author: Joseph Correa
 - Publisher: Createspace Publishing
 - Publication Date: 2016
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:

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

Team suits, goggles, swim caps and any other competitive/protective gear as required by the instructor.