

ATHL 0117 - WATER POLO TRAINING

Catalog Description

Formerly known as PHED 108

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

Course Student Learning Outcomes

- CSLO #1: Distinguish between safe versus harmful movements.
- CSLO #2: Develop a set of skills for a specific drill.
- CSLO #3: Demonstrate a higher level of skill as the course progresses.
- CSLO #4: Implement rules of competition through practice games.

Effective Term

Spring 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Demonstrate a dedication to personal excellence in training and competition;
2. Evaluate and employ good sportsmanship;
3. Develop skills resultant in successful teamwork;
4. Analyze the difference between safe and harmful movements in the class, and in the competitive environment;
5. Evaluate techniques of movement in the water vs. on land;
6. Identify a set of drills, with a stated objective;
7. Develop a workout which demonstrates a variety of exercises to achieve a stated result or goal;
8. Evaluate personal fitness levels at the start and finish of the course using various assessment methods;
9. Identify appropriate movements to achieve specific competitive goals;
10. Identify and demonstrate rules of competition through practice games;

11. Demonstrate a higher level of skill development corresponding with each course repetition,

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

- Classroom Discussions
 - Example: After analyzing and discussing opponents game film, students will develop a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Students will be evaluated on shooting and passing techniques. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will demonstrate and discuss various water polo shots. Students will then develop a workout which demonstrates a variety of exercises to improve shooting for the sport of water polo. (Objective 7)
2. Instructor will facilitate a discussion on water polo playing rules and students will demonstrate their knowledge of the rules during a practice game. (Objective 10)

Distance Learning

1. Discussion by the instructor on the various water and land techniques. The students will examine the scenarios and discuss in small groups. (Objective 5)
2. Instructor will lead a discussion on movements to achieve competitive goals. The students will discuss movements in small groups. (Objective 7)

Typical Out of Class Assignments Reading Assignments

1. Read an article in USA Water Polo and be prepared to discuss in class.
2. Read and apply the FINA Rules for Water Polo at http://www.fina.org/rules/english/water_polo.php.

Writing, Problem Solving or Performance

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

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

Required Materials

- How to play water polo: The Complete Guide to Mastering the Game
 - Author: Tracy Rockwell
 - Publisher: Pegasus Publishing
 - Publication Date: 2018
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Sydney Silver Lining
 - Author: Kyle Utsumi
 - Publisher: Bookbaby 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.

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