

**KAQUA 12.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KAQUA 12.1 Title: BEGINNING WATER POLO

Full Title: Beginning Water Polo

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 19.1

**Catalog Description:**

This class consists of basic water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes an introduction to the rules of the game as well as basic tactical strategies for offense and defense.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KAQUA 1.2

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This class consists of basic water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes an introduction to the rules of the game as well as basic tactical strategies for offense and defense. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.2

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Play water polo at a beginning level, with the ability to perform beginning techniques, while demonstrating ideal body positioning
2. Demonstrate and apply the written and unwritten rules of play
3. Perform basic tactical strategies of both offensive and defensive play

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate proficiency in basic individual water polo skills
  - A. Ball handling
  - B. Dribbling
  - C. Passing
  - D. Blocking
  - E. Shooting
2. Participate in organized drills necessary for skill development
3. Engage in conditioning and stretching exercises as they relate to beginning level water polo
4. Demonstrate an understanding of the rules, scoring and etiquette for match play
5. Participate in water polo class competitions

### **Topics and Scope:**

#### **I. Water Polo Basic Skills and Proficiency**

- A. Ball Handling
  1. Introduce techniques and define rules
  2. Use drill work to develop dexterity and strength
  3. Incorporate the egg-beater kick to develop proper body positioning
- B. Dribbling
  1. Refine all elements of head up freestyle
  2. Develop ability to transition from horizontal to vertical body positioning

3. Use drill work to develop speed and ball handling
- C. Passing
  1. Introduce techniques and define rules
  2. Use drill work to develop dexterity and strength
  3. Incorporate the egg-beater kick to develop proper body positioning
  4. Introduce different types of passing including wet and dry passes
- D. Shooting
  1. Introduce techniques and define rules
  2. Use drill work to develop dexterity and strength
  3. Incorporate the egg-beater kick to develop proper body positioning
  4. Introduce different types of shots including: wet, dry, center, and perimeter shooting
- E. Blocking
  1. Introduce techniques and define rules
  2. Use drill work to develop dexterity and strength
  3. Incorporate the egg-beater kick to develop proper body positioning
  4. Introduce different types of blocks including goalie blocks and field blocks
- II. Rules of the Game
  - A. Possession, number of players, and positions
  - B. Fouls, exclusions, and advantage
  - C. Game time and time outs
- III. Basic Strategy and Tactics
  - A. Offense
  - B. Defense
  - C. Power plays
  - D. Specific game situations

### Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Opponent analysis through game film and live footage
2. Practice beginning water polo techniques and strategies
3. Complete beginning water polo workouts
4. Progress journal
5. Quizzes (2 - 4)

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Progress journal
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Writing 10 - 20%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None
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Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Opponent analysis, water polo techniques and strategies, and water polo workouts

Skill Demonstrations  
20 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes

Exams  
20 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
40 - 50%

### **Representative Textbooks and Materials:**

Instructor prepared materials

Water Polo Basics: All About Water Polo. Balline, Gareth. CreateSpace Independent Publishing Platform. 2012 (classic)