

PHYED 19.1 Course Outline as of Fall 2003**CATALOG INFORMATION**

Dept and Nbr: PHYED 19.1 Title: WATER POLO - BEG.

Full Title: Beginning Water Polo

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 3.1

Catalog Description:

Introductory and survey course in the sport of water polo.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)

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

Description: Intro and survey course in the sport of water polo. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: Area
CSU GE: Transfer Area

Effective: Inactive:
Effective: Inactive:

IGETC: Transfer Area

Effective: Inactive:

CSU Transfer: Transferable Effective: Fall 1981 Inactive:

UC Transfer: Transferable Effective: Fall 1981 Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

I. The student will

1. Learn the basic fundamentals of water polo.
 - a) ball handling
 - b) court positions
 - c) team offense and defense
2. Improve swimming endurance and efficiency for water polo.
3. Understand water polo through observation.
4. Develop sportmanship skills.
5. Have the knowledge, analyze and set-up a personal conditioning program
6. Observe competitive match.

Topics and Scope:

- I. History of Water Polo.
- II. Conditioning and endurance.
- III. Basic fundamentals.
 - a) ball handling
 - b) court positions
 - c) team offense and defense
 - d) drills
- IV. Individual skills.
- V. Goal Keeper.
- VI. Rules and regulations (NCAA).
- VII. Observations.
- VIII. Basic strategy.

Assignment:

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: