

**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:**