

PHYED 18 Course Outline as of Fall 2005**CATALOG INFORMATION**

Dept and Nbr: PHYED 18 Title: SPRINGBOARD DIVING

Full Title: Springboard Diving

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	8	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: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 5

Catalog Description:

Basic springboard diving skills using one and three meter diving boards.

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: Basic spring board diving skills using one & three meter diving boards. (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 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	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:

The student will:

1. Develop kinesthetic sense through diving
2. Understand the five categories of dives
3. Understand the use of the diving degree table
4. Apply knowledge to judge dives
5. Develop knowledge of meet procedures
6. Demonstrate knowledge of diving safety skills
7. Perform progressive dry land skills
8. Analyze proper diving mechanics

Topics and Scope:

- A. Five categories of dives and the diving degree table
 1. Safety skills
 - a. Self protection skills
 - b. Protection of others
 2. Categories of dives
 - a. Forward dive
 - b. Reverse dive
 - c. Back dive
 - d. Inward dive
 - e. Twist dive
- B. Rules and scoring
 1. Rules associated with diving
 2. Review of meet organization and implementation
 3. Scoring procedures of dives
- C. Diving mechanics
 1. Proper and improper mechanics of each dive
 2. Application of dry land work for each dive
 3. Implement at least one dive from each of the five categories

Assignment:

Critique class video both individually and within group session.

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, VIDEO SKILL ANALYSIS

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false, WRITTEN ESSAY EXAM

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: