

PHYED 19.1 Course Outline as of Fall 2011

CATALOG INFORMATION

Dept and Nbr: PHYED 19.1 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	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:
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 PHYED 12.2

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 PHYED 12.2
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

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

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, the student will 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
6. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives

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
- IV. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

Assignment:

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 to 4)
6. Repeating students must demonstrate an increased level of performance.

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

Writing 10 - 20%

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.

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, multiple choice, and true/false

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