

**ATHL 7 Course Outline as of Fall 2011****CATALOG INFORMATION**

Dept and Nbr: ATHL 7 Title: TRAINING FOR WATER POLO

Full Title: Training for Competitive 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	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: ATHL 82

**Catalog Description:**

This course provides a training program to enhance performance in water polo. This course is intended for students with water polo experience who may be interested in trying out for a water polo team as well as those who are already playing on the team.

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

Course Completion of KAQUA 12.2 ( or PHYED 19.2 or PE 3.2 or PE 106.2)

**Limits on Enrollment:**

By tryout

**Schedule of Classes Information:**

Description: This course provides a training program to enhance performance in water polo. This course is intended for students with water polo experience who may be interested in trying out for the water polo team as well as those who are already playing on the team. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 12.2 ( or PHYED 19.2 or PE 3.2 or PE 106.2)

Limits on Enrollment: By tryout

Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **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:	Summer 2006	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2006	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. Utilize individual skills, techniques and conditioning for water polo.
2. Analyze weaknesses in opposing team strategies and adjust tactics accordingly.
3. Identify and perform exercises to improve leg, core and upper body strength for specific positions.
4. Exhibit the endurance to play a regulation water polo game.
5. Sprint at top speed periodically in a game situation.
6. Devise a personal conditioning program for a specific position.
7. Demonstrate sportsmanship.

### **Topics and Scope:**

- I. Dry land training
  - A. Leg
  - B. Core
  - C. Upper body
  - D. Position specific
- II. Swimming training
  - A. Sprint work
  - B. Endurance
  - C. Position specific
- III. Egg beater training (treading water)
  - A. Horizontal
  - B. Vertical
  - C. Explosive
  - D. Weight bearing
- IV. Competitive Water Polo Fundamentals

- A. Ball handling
- B. Individual skills
- C. Team skills
- D. Power shooting
- E. Body position relative to specific team positions
- F. Taking advantage of an opponents body position
- V. Personal conditioning programs for water polo off-season
- VI. Team offense and defense
  - A. 6 on 5 offense
  - B. 5 on 6 defense
- VII. Scrimmages and strategy for specific game situations
- VIII. Sportsmanship

### Assignment:

Outside of class:

1. For 1 hour/week for the 1 unit course,(or 1.5 hours/week in a 1.5 unit course and 2 hours/week in the 2 unit course) practice dryland workouts.
2. Design a conditioning workout for a specific position in water polo.

In class:

1. Dry land and water workouts
2. Swimming laps
3. Treading water
4. Water polo scrimmages (class performances)
5. Test sets (performance exams)
6. Written exam on tactical systems i.e. team strategies

### 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:**  
Instructor prepared materials