

**KAQUA 10.2 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KAQUA 10.2 Title: INTR SPRINGBOARD DIVING

Full Title: Intermediate Springboard Diving

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Instruction in intermediate diving skills with a focus on competitive dives and flexibility and strength for performance.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Instruction in intermediate diving skills with a focus on competitive dives and flexibility and strength for performance. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Explain safety considerations for intermediate level dives.
2. Perform a complete set of 6 intermediate level competition dives on both the 1 meter and 3 meter boards.
3. Demonstrate improved fitness for diving based on focused progressive flexibility and strength exercises.

### **Objectives:**

1. Explain safety considerations regarding board safety and water safety with intermediate level dives.
2. Perform intermediate level approach and body alignment for intermediate level dives.
3. Demonstrate strength and flexibility dry-land exercises to increase fitness for intermediate level dives.
4. Perform a complete set of 6 intermediate level competition dives on both the 1 meter and 3 meter boards including all categories (forward, back, reverse, inward, twist).
5. Evaluate and critique a dive for proper performance technique.

### **Topics and Scope:**

- I. Water safety for intermediate springboard diving
  - A. Safety for diver
  - B. Safety for others
- II. Intermediate level diving skills for all dives (forward, back, reverse, inward, twist)
  - A. Approach
  - B. Body alignment
  - C. Stance
  - D. Board and takeoff position
  - E. Lineups and comeouts
  - F. Progression of 3 meter board techniques and skills
- III. Creating a complete set of 6 intermediate level competition dives
  - A. 1 meter and 3 meter boards

- B. Understanding of competition scoring techniques
- C. Evaluation of dive for proper performance and technique
- IV. Dry land exercises for intermediate dive performance
  - A. Core training
  - B. Cardiovascular endurance
  - C. Power
  - D. Flexibility
  - E. Strength

### Assignment:

1. Critique class video both individually and within group session.
2. Implement at least one dive from each of the five categories.
3. Progress journal
4. Quizzes (2 to 4)

### 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  
5 - 10%

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

Critique of class video and scoring dives

Problem solving  
5 - 10%

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

In class diving performance

Skill Demonstrations  
20 - 30%

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

2 to 4 quizzes

Exams  
20 - 30%

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

Participation and attendance

Other Category  
40 - 50%

### Representative Textbooks and Materials:

Springboard and Platform Diving. O'Brien, R. Human Kinetics. 2003 (classic)

Instructor prepared materials

