

**KAQUA 12.2 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KAQUA 12.2 Title: INTERMEDIATE WATER POLO

Full Title: Intermediate Water Polo

Last Reviewed: 10/23/2017

| 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: PHYED 19.2

**Catalog Description:**

This class consists of intermediate water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes a review of the rules of the game, team offense, team defense, developing players at specific positions, and an introduction to specific team plays and strategies.

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

Course Completion of KAQUA 12.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This class consists of intermediate water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes a review of the rules of the game, team offense, team defense, developing players at specific positions, and an introduction to specific team plays and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 12.1

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 1981 | Inactive:  | Fall 2023 |
| <b>UC Transfer:</b>  | Transferable         | Effective: | Fall 1981 | Inactive:  | Fall 2023 |

### **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. Play water polo at an intermediate level, with the ability to perform intermediate techniques, while demonstrating ideal body positioning.
2. Demonstrate and apply the written and unwritten rules of play.
3. Perform intermediate tactical strategies of both offensive and defensive play.

### **Objectives:**

1. Demonstrate proficiency in intermediate individual water polo skills
  - A. Ball handling
  - B. Dribbling
  - C. Passing
  - D. Blocking
  - E. Shooting
2. Participate in intermediate water polo drills necessary for skill development
3. Engage in conditioning and stretching exercises as they relate to intermediate level water polo
4. Demonstrate an understanding of the rules, scoring and etiquette for match play
5. Participate in water polo class competitions

### **Topics and Scope:**

#### **I. Intermediate Water Polo Skills**

- A. Ball Handling
  1. Refine elements of legal ball handling
  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 ability to pass and receive passes while dribbling
- C. Passing
1. Refine techniques and define rules
  2. Use drill work to develop dexterity and strength
  3. Refine different types of passing techniques including wet and dry passes
- D. Shooting
1. Refine techniques and timing of shooting
  2. Use drill work to develop dexterity and strength
  3. Develop different types of shots including: wet, dry, center (step-out, sweep, back-hand), penalty, and perimeter shooting
- E. Blocking
1. Refine techniques of legal blocking
  2. Use drill work to develop dexterity and strength
  3. Develop players specifically at the goalie position
- II. Rules of the Game
- A. NCAA rules
  - B. FINA rules
- III. Intermediate Strategies and Tactics
- A. Offense team play
  - B. Defense team play
  - C. Power plays (offensively and defensively)
  - D. Set-up plays

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Opponent analysis through game film and live footage
2. Practice intermediate water polo techniques and strategies
3. Complete intermediate water polo workouts dailey
4. Progress journal 1 to 3 pages weekly
5. Five Quizzes

**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<br>10 - 20% |
|---------------------|

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

|  |
|--|
| Opponent analysis through game film and live footage |
|--|

|                           |
|---------------------------|
| Problem solving<br>0 - 5% |
|---------------------------|

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

intermediate water polo techniques, strategies and workouts

Skill Demonstrations  
20 - 30%

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

5 quizzes, multiple choice, 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:**

The Complete Book of Water Polo, Hale, Ralph W., Holcomb Hathaway Publisher 2010 (classic)