

**KINA 10.1 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: KINA 10.1 Title: BEG SPRINGBOARD DIVING

Full Title: Beginning 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: KAQUA 10.1

**Catalog Description:**

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

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**Description: Beginning springboard diving skills using one and three meter diving boards.  
(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 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:

### **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. Dive at a beginning level.
2. Use beginning diving techniques and fundamentals.
3. Demonstrate improved body control through springboard diving.
4. Adhere to standard water safety procedures and guidelines.

### **Objectives:**

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

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

### **Topics and Scope:**

- I. Five Categories of Dives and the Diving Degree Table
  - A. Forward dive
  - B. Reverse dive
  - C. Back dive
  - D. Inward dive
  - E. Twist dive
  - F. Dive rubric
- II. Rules and Scoring
  - A. Rules associated with diving
  - B. Review of meet organization and implementation
  - C. Scoring procedures of dives
- III. Diving Mechanics
  - A. Proper and improper mechanics of each dive

B. Application of dry-land work for each dive  
IV. Safety Skills

- A. Self protection Skills
- B. Protection of Others

**Assignment:**

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

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

In class diving performances	Skill Demonstrations 20 - 30%
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**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes	Exams 20 - 30%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance	Other Category 40 - 50%
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**Representative Textbooks and Materials:**

Instructor prepared materials

Springboard and Platform Diving. Huber, Jeffrey. Human Kinetics. 2016 (classic)