KINA 10.2 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KINA 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:	KAQUA 10.2

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:

AS Degree:	**Area**			Effective:	Inactive:
	L8	Student Success and Wellness		Fall 2025	
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	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. 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:
At the conclusion of this course, the student should be able to:
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:

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%

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 performances	Skill Demonstrations 20 - 30%

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

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:

Instructor prepared materials

Springboard and Platform Diving. Huber, Jeffrey. Human Kinetics. 2016