

**ATHL 9 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: ATHL 9 Title: WOMEN'S VAR. WATER POLO

Full Title: Women's Varsity Water Polo

Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: ATHL 51

**Catalog Description:**

Students will practice for and participate in intercollegiate water polo, emphasizing water polo skills, fundamentals, and strategies.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:**

By Tryout

**Schedule of Classes Information:**

Description: Students will practice for and participate in intercollegiate water polo, emphasizing water polo skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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:	Fall 1997	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1997	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. Compete in water polo at an advanced level
2. Demonstrate the appropriate physical skills and strategies of water polo
3. Display a knowledge and employment of the rules of water polo

### **Objectives:**

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

1. Demonstrate individual fundamental skills pertaining to water polo in relation to:
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardiovascular endurance
2. Demonstrate and apply practical and general knowledge of the game of water polo and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Individual Fundamental Skills and Conditioning
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardiovascular endurance
- II. Practical and General Knowledge of the Game and its Rules
  - A. Practice drills

- B. Game situations
- III. Concepts and Strategies of Opponent
  - A. Offensive scheme
  - B. Defensive scheme
  - C. Special plays
  - D. Team personnel
- IV. Team Development and Goals
- V. Repeating Students Must Demonstrate Increased Depth and Breadth of Related Skills

### Assignment:

1. Film analysis
2. Note taking and developing a playbook
3. Physical training and conditioning
4. Development and demonstration of related skills including practice and game performance
5. Periodic quizzes

Fieldwork may include:

1. Scouting reports execution
2. Playbook application
3. Intercollegiate competition

Repeating students must demonstrate an increased level of performance

### 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.

Scouting reports execution; playbooks and note taking.

Writing  
5 - 10%

**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.

Practice and game performance

Skill Demonstrations  
25 - 60%

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

Quizzes

Exams  
10 - 25%

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

Attendance; participation; physical training and conditioning; film analysis

Other Category  
25 - 60%

**Representative Textbooks and Materials:**

Instructor prepared materials

Water Polo Explained. Stein, Andy. 2019.

101 Offensive Water Polo Drills. Cutino Sr., Peter and Cutino Jr., Peter. Coaches Choice Books. 2000 (classic).