

CATALOG INFORMATION

Dept and Nbr: ATHL 51

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	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17.5	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 57

Catalog Description:
Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

Prerequisites/Corequisites:
Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)
Prerequisites/Corequisites: Health and Safety.
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1997	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1997	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

I. THE STUDENT WILL:

- A. develop advanced level skills and fundamentals for competition.
- B. understand and analyze team and individual concepts and strategies of intercollegiate competition.
- C. develop physical conditioning required for intercollegiate.
- D. evaluate their own conditioning and practice program necessary for competition.

Topics and Scope:

- I. History and Philosophy of Sport
- II. Review General Fundamentals
- III. Advanced Individual Offense and Defense
- IV. Advanced Team Plan
- V. Rules and Regulations of NCAA
- VI. Conditioning and Training
- VII. Psychology of Sport
- VIII. Conference Competition
- IX. Travel
- X. Sportsmanship
- XI. Strategy

Assignment:

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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.

Class performances, Performance exams

Skill Demonstrations
25 - 60%

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

SEASON PERFORMANCE-PS MATCHES

Exams
10 - 25%

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

ATTENDANCE

Other Category
25 - 60%

Representative Textbooks and Materials: