

**KAQUA 10.1 Course Outline as of Fall 2012****CATALOG INFORMATION**

Dept and Nbr: KAQUA 10.1 Title: SPRINGBOARD DIVING

Full Title: Springboard Diving

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	5	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PHYED 18

**Catalog Description:**

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

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

Course Completion of PHYED 12.2

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

Description: Basic springboard diving skills using one and three meter diving boards. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 12.2

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

**AS Degree:**      **Area**  
**CSU GE:**        **Transfer Area**

Effective:      Inactive:  
Effective:      Inactive:

**IGETC:**        **Transfer Area**

Effective:      Inactive:

**CSU Transfer:** Transferable      Effective:      Fall 1981      Inactive:

**UC Transfer:** Transferable      Effective:      Fall 1981      Inactive:

**CID:**

**Certificate/Major Applicable:**  
Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

1. Develop kinesthetic sense through diving.
2. Identify diving categories.
3. Use of the diving degree table.
4. Apply knowledge of rules to judge dives.
5. Explain meet procedures.
6. Use diving safety skills.
7. Perform progressive dry-land skills.
8. Analyze proper diving mechanics.
9. Repeating students must demonstrate increased depth and breadth of advanced skills with new learning objectives.

### **Topics and Scope:**

1. Five categories of dives and the diving degree table
  - A. Safety skills
    1. Self protection skills
    2. Protection of others
  - B. Categories of dives
    1. Forward dive
    2. Reverse dive
    3. Back dive
    4. Inward dive
    5. Twist dive
2. Rules and scoring
  - A. Rules associated with diving
  - B. Review of meet organization and implementation
  - C. Scoring procedures of dives
3. Diving mechanics
  - A. Proper and improper mechanics of each dive
  - B. Application of dry-land work for each dive
4. Repeating students must demonstrate increased depth and breadth of advanced skills with new

learning objectives.

### Assignment:

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 to 4)
5. 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.

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 performance

Skill Demonstrations  
20 - 30%

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

2 to 4 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