

KAQUA 10.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KAQUA 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: PHYED 18

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:

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

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:

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:

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)

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:

Springboard and Platform Diving. O'Brien, R. Human Kinetics. 2003.
Instructor prepared materials