KAQUA 12.2 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KAQUA 12.2 Title: INTERMEDIATE WATER POLO
Full Title: Intermediate Water Polo
Last Reviewed: 10/23/2017

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: 0.00 Total Student Learning Hours: 52.50

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 19.2

Catalog Description:
This class consists of intermediate water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes a review of the rules of the game, team offense, team defense, developing players at specific positiions, and an introduction to specifc team plays and strategies.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KAQUA 12.1

Limits on Enrollment:

Schedule of Classes Information:
Description: This class consists of intermediate water polo skills and techniques that include ball handling, dribbling, passing, shooting, and blocking. This class also includes a review of the rules of the game, team offense, team defense, developing players at specific positiions, and an introduction to specifc team plays and strategies. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 12.1
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:	Fall 2023
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

1. Demonstrate proficiency in intermediate individual water polo skills
   A. Ball handling
   B. Dribbling
   C. Passing
   D. Blocking
   E. Shooting
2. Participate in intermediate water polo drills necessary for skill development
3. Engage in conditioning and stretching exercises as they relate to intermediate level water polo
4. Demonstrate an understanding of the rules, scoring and etiquette for match play
5. Participate in water polo class competitions
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

Topics and Scope:

I. Intermediate Water Polo Skills
   A. Ball Handling
      1. Refine elements of legal ball handling
      2. Use drill work to develop dexterity and strength
      3. Incorporate the egg-beater kick to develop proper body-positioning
   B. Dribbling
      1. Refine all elements of head up freestyle
      2. Develop ability to transition from horizontal to vertical body-positioning
      3. Use drill work to develop speed and ability to pass and receive passes while dribbling
   C. Passing
      1. Refine techniques and define rules

2. Use drill work to develop dexterity and strength
3. Refine different types of passing techniques including wet and dry passes

D. Shooting
1. Refine techniques and timing of shooting
2. Use drill work to develop dexterity and strength
3. Develop different types of shots including: wet, dry, center (step-out, sweep, back-hand), penalty, and perimeter shooting

E. Blocking
1. Refine techniques of legal blocking
2. Use drill work to develop dexterity and strength
3. Develop players specifically at the goalie position

II. Rules of the Game
A. NCAA rules
B. FINA rules

III. Iintermediate Strategies and Tactics
A. Offense team play
B. Defense team play
C. Power plays (offensively and defensively)
D. Set-up plays

IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

1. Opponent analysis through game film and live footage
2. Practice intermediate water polo techniques and strategies
3. Complete intermediate water polo workouts dailey
4. Progress journal 1 to 3 pages weekly
5. 5 Quizzes
6. 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 10 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Opponent analysis through game film and live footage	Problem solving 0 - 5%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

intermediate water polo techniques, strategies and workouts	Skill Demonstrations 20 - 30%

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

5 quizzes, multiple choice, true/false	Exams 20 - 30%

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

Attendance and participation	Other Category 40 - 50%

Representative Textbooks and Materials:
The Complete Book of Water Polo, Hale, Ralph W., Holcomb Hathaway Publisher 2010