

KAQUA 10.1 Course Outline as of Fall 2021**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: |

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|----------------------|--------------|------------|-----------|-----------|
| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
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| UC Transfer: | Transferable | Effective: | Fall 1981 | 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. 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:

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

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:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

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 - 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.

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|------------------|--------------------|
| Progress journal | Writing 5 - 10% |
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Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

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| Critique of class video and scoring dives | Problem solving 5 - 10% |
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Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

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| In class diving performances | Skill Demonstrations 20 - 30% |
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Exams: All forms of formal testing, other than skill performance exams.

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| Quizzes | Exams 20 - 30% |
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Other: Includes any assessment tools that do not logically fit into the above categories.

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|------------------------------|----------------------------|
| Participation and attendance | Other Category 40 - 50% |
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Representative Textbooks and Materials:

Instructor prepared materials

Springboard and Platform Diving. Huber, Jeffrey. Human Kinetics. 2016 (classic)