

ATHL A246: WATER POLO TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Utilize proper technique necessary to compete at the intercollegiate level.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Play by the rules of water polo.
- 2. Demonstrate knowledge of the game beyond the basic level.
- 3. Develop the skills and abilities to play all positions of the game.
- 4. Apply the concept of accountability to both their teammates and themselves.
- 5. Recognize the importance of nutrition and how it relates to maximizing peak physical condition.
- 6. Exhibit traits of successful people including goal setting, dedication and hard work.

Lab Content

1. Freestyle and backstroke skill mechanics as applied to competitive water polo
 2. Cardiovascular conditioning
 a. Aerobic
 b. Anaerobic
 c. Lactate tolerance training
 3. Passing and catching skill development
 a. Hand grip
 b. Wrist snap
 c. Follow through
 d. Absorption
 4. Shooting skill development
 a. Wet and dry shots outside 4 meters
 b. Shot selection
 c. Placement 5-7 meters
 d. Beyond 8 meters
 5. Defensive tactics
 a. Press
 b. Man drop
 c. Multiple drop
 d. Zone tactic
 e. 6-5 defensive strategies
 6. Offensive tactics
 a. Counter attack
 b. 2-1
 c. 3-2
 d. 4-3
 e. Front court offense vs press
 f. Crash
 g. Multiple drop defenses
 7. Rules of intercollegiate water polo

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture, video, practice activities

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Group discussion of assignment regarding rules and tactical explanation. small groups written goals, writing of individual goals.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Game participation, class attendance, skill mastery demonstration, written evaluations of personal performance

Required Writing, Problem Solving, Skills Demonstration

Appropriate regarding rules and tactical explanation.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Handouts to be provided and distributed by the instructor.

Lecture Content