

# ATHL A263: WATER POLO TEAM - MEN'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. Demonstrate proper training techniques needed to improve the skills 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. Demonstrate improved skills and knowledge necessary for intercollegiate athletic competition in water polo.
- 2. Demonstrate a personal commitment to athletic excellence.
- 3. Participate and compete effectively as a member of a team in the athletic experience.
- 4. Demonstrate the ability to set and obtain goals for persona and team improvement.
- 5. Apply the concept of accountability to both teammates and themselves.
- 6. Exhibit excellent planning and preparation for competition.

## Lecture Content

## Lab Content

To improve and develop more consistency in all aspects of the game of water polo. To improve and become more knowledgeable in the mental skills for water polo. 1. Emphasizes improvement in swimming/fundamental individual skills 2. More efficiency and consistency in: a. Egg beater b. Sculling c. Passing d. Shooting e. Body positioning 3. Rules 4. Offensive and defensive positions structures a. Offense: drives, picks, screens b. Defensive: switches, gaps, stair-steps, stunts 5. 6 on 5 - 5 on 6 basic tactics 6. Improvement and consistency in: a. Shooting against a defender (press and drop) b. One on one drive defense c. Shot blocking d. Game situation recognition 7. Advanced driving techniques 8. Psychology 9. Game situation special plays 10. 6 on 5 - 5 on 6 advanced tactics

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Lecture and discussion, video lectures and analysis, modeling, visual (chalkboard) sessions, dryland wall through, water polo practice sessions, game situation lessons.

## Reading Assignments

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

## Writing Assignments

Proficiency demonstration of water polo skills, passing, shooting, individual recognition of game situations, written and oral assignments on water polo rules and tactics.

## 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

Participation, successful performance, and demonstration of water polo skills in practice and matches.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of water polo skills, passing, shooting, individual recognition of game situations, written and oral assignments on water polo rules and tactics.

## 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. USWP NCAA Rule Book, current edition (revised annually)
2. Video tape.