

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** AQUA 109.3    **TITLE:** Water Polo III  
**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester  
**Method of Grading:** Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

**CSU GE:**

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

A course designed to cover the many facets of the sport of Water Polo at the advanced level. Individual skills such as passing, shooting, dribbling, and picking up the ball in water will be reviewed. Advanced offensive and defensive water polo strategies will be emphasized. Advanced levels of conditioning will supplement team play. Must be able to swim one length without touching the bottom or side walls.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
2. Demonstrate knowledge of the various strokes modified for Water Polo; freestyle, breast stroke, back stroke and butterfly at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

**At an advanced level:**

1. Perform the necessary skills to succeed in Water Polo: Passing, dribbling, shooting, receiving, picking up the ball in water.
2. Swim at an advanced level to perform.
3. Understand the subtle tactical elements of both offense and defense necessary to succeed in the sport of Water Polo.

6. **COURSE CONTENT:**

**Lab Content:**

**At an advanced level:**

1. Warm-up procedures
  1. Stretching (dry land)
  2. Passing/receiving
  3. Swimming
2. Conditioning procedures
  1. Anaerobic
  2. Aerobic
3. Individual skills (offensive)
  1. Passing
  2. Shooting
  3. Dribbling
  4. Receiving
  5. Picking up the ball
4. Individual Skills (defensive)
  1. Positioning
  2. Delaying
  3. Pressure

5. Offensive tactics
  1. Formations (set up)
  2. Counter attacking
  3. Wing play
  4. Post play
6. Defensive tactics
  1. High pressure
  2. Delaying
  3. Channeling
7. Goal tending
8. Rules
9. Appropriate demeanor

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

1. Lecture
2. Lab
3. Activity
4. Critique
5. Discussion
6. Individualized Instruction
7. Observation and Demonstration

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Final examination on various strategies incorporated at an advanced level of Water Polo

**Reading Assignments:**

Instructor generated hand-outs to supplement instruction

**Other Outside Assignments:**

Students are encouraged to watch a live or televised Water Polo match.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Class Work
4. Exams/Tests
5. Lab Activities
6. Written examination

**10. REPRESENTATIVE TEXT(S):**

Possible manuals include:

1. NCAA. NCAA Men's and Women's Water Polo Rules of the Game, NCAA, 01-01-2012

**Origination Date:** January 2013

**Curriculum Committee Approval Date:** January 2013

**Effective Term:** Fall 2013

**Course Originator:** Randy Wright