

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** AQUA 109.4 **TITLE:** Water Polo IV
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 expert 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 expert level.
2. Demonstrate knowledge of the various strokes; freestyle, breast stroke, back stroke and butterfly as modified for the sport of Water Polo at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At an expert level:

1. Perform expert levels of individual skills important in the sport of Water Polo: Passing, dribbling, shooting, picking up the ball in water.
2. Swim at an expert level to perform.
3. Understand and perform expert levels of both offensive and defensive strategies of team play.

6. **COURSE CONTENT:**

Lab Content:

At an expert 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. Directed Study
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:

Written analysis from an observation of a televised or live Water Polo match

Reading Assignments:

Supplemental instructor generated hand-outs provided

Other Outside Assignments:

Students are encouraged to observe 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. Exams/Tests
4. Lab Activities
5. 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