

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** AQUA 109.2 **TITLE:** Water Polo II
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
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 intermediate level. Skills such as passing, receiving, shooting, dribbling and picking up the ball in water will be emphasized. The rules of the game and strategies are taught for a more thorough understanding of team play. Conditioning drills will supplement skill development. Level II will focus more on team strategy. 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 in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an intermediate 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 intermediate level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At an intermediate level:

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

6. **COURSE CONTENT:**

Lab Content:

At an intermediate level:

- A. Warm-up procedures
 - a. Stretching (dry land)
 - b. Passing/receiving
 - c. Swimming
- B. Conditioning procedures
 - a. Anaerobic
 - b. Aerobic
- C. Individual skills (offensive)
 - a. Passing
 - b. Shooting
 - c. Dribbling
 - d. Receiving
 - e. Picking up the ball
- D. Individual Skills (defensive)
 - a. Positioning
 - b. Delaying
 - c. Pressure
- E. Offensive tactics

- a. Formations (set up)
- b. Counter attacking
- c. Wing play
- d. Post play
- F. Defensive tactics
 - a. High pressure
 - b. Delaying
 - c. Channeling
- G. Goal tending
- H. Rules
- I. Appropriate demeanor

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Directed Study
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Final written examination on various attacking and defensive formations

Reading Assignments:

Instructor generated hand-outs to supplement instruction

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:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. NCAA Men's and Women's Water Polo Rules of the Game, current edition.

Origination Date: February 2017

Curriculum Committee Approval Date: March 2017

Effective Term: Fall 2017

Course Originator: Andreas Wolf