

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** AQUA 109.3 **TITLE:** Water Polo III
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 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 in one or more: 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:

- 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. Critique
- 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 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:

- 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