

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** VARS 400 **TITLE:** Women's Varsity Water Polo
Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)
Prerequisite: This is an intercollegiate water polo class that requires extensive swimming. Must be able to swim one length without touching the bottom or side walls.

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:
 Intercollegiate competition in water polo for women. Daily practice and competitions as scheduled.

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.
 2. Demonstrate knowledge of various exercises and stroke mechanics used in swimming and water polo.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
Recognize and adhere to eligibility bylaws: full unit load.
Demonstrate improvement in swim strength, endurance and skill in the following areas:
 1. Water polo swim strokes: head up freestyle, breast stroke, tread and the change of swim directions.
 2. Water polo skills: passing and shooting in and out of motion.**Improvement in the knowledge of the fundamentals of water polo.**
Demonstrate use of practice elements into an official competitive water polo game against other community colleges programs.

6. **COURSE CONTENT:**
Lab Content:
 - Introduction
 1. Review of safety and pool rules
 2. Review and demonstration of techniques and fundamentals
 3. Review team concepts
 4. Review game schedule, scouting reports and related game information
 - Individual Drills and Skills
 1. Mastery of fundamentals
 2. Strength development
 3. Applied knowledge in a one on one setting
 - Team Concepts
 1. Defensive schemes
 2. Offensive strategies
 3. Transition offense and defense
 4. Power play offense and defense
 5. Special plays and situations
 - Intercollegiate Athletics
 1. Eligibility needs
 2. Practice and game schedules
 3. Recruitment and orientation

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Directed Study
- E. Critique
- F. Discussion
- G. Observation and Demonstration
- H. Other (Specify): Demonstration of all water polo strokes and skills. Lectures, practice sessions and group discussions. Intercollegiate competitions against other colleges.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- A. Weight conditioning performance log
- B. Swim speed charts
- C. Performance goals achievement and feedback

Reading Assignments:

- A. CCCAA Rules and regulations
- B. Instructor generated handouts pertinent to performance, nutrition, etc.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Field Trips
- F. Final Class Performance
- G. Final Performance
- H. Portfolios
- I. Quizzes
- J. Simulation
- K. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts
- B. NCAA manual, CCCAA Constitution

Origination Date: May 2016
Curriculum Committee Approval Date: October 2016
Effective Term: Fall 2017
Course Originator: Andreas Wolf