

College of San Mateo
Official Course Outline

1. **COURSE ID:** AQUA 109.1 **TITLE:** Water Polo I
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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 beginning 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 thorough understanding of team play. Conditioning drills will supplement fundamental skill development. Students 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. Perform fundamental skills important in the sport of water polo: passing, dribbling, shooting, picking up the ball in water.
2. Swim competently to perform.
3. Understand and perform beginning tactical elements and strategies of team play in water polo.
4. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at the beginning level.
5. Demonstrate knowledge of the various strokes; freestyle, breast stroke, back stroke and butterfly at the beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

At the beginning level:

1. Perform fundamental skills important in the sport of water polo: Passing, dribbling, shooting, picking up the ball in water.
2. Swim competently to perform.
3. Understand and perform beginning tactical elements and strategies of team play in water polo.

6. **COURSE CONTENT:**

Lab Content:

At the beginning level:

1. Introduction
 - A. Basic swimming strokes used in water polo
 - B. Components of appropriate warm-up procedures
 - C. Fundamental water polo swimming stroke adaptations
 - D. Fundamental individual offensive skills
 - E. Basic individual defensive tactics
 - F. Techniques designed towards injury prevention
 - G. Elementary offensive team strategies
 - H. Elementary defensive team strategies
 - I. Basic goal tending techniques
 - J. Understand NCAA Water Polo rules
 - K. Mental awareness techniques
 - L. Demeanor relative to appropriate cooperation and behavior with opponents, teammates and game officials.

2. Routine participation in:

- A. A variety of warm-up activities prior to competitive participation
- B. Swimming, dribbling, passing, shooting and defending in a competitive atmosphere
- C. Demonstration of cooperation with peers
- D. Offensive and defensive strategies
- E. Adhering to the enforced rules of Water Polo and ability to exhibit self-discipline

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:

A final written exam on the rules of Water Polo

Reading Assignments:

Instructor generated hand-outs will be provided 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: December 2023

Curriculum Committee Approval Date: March 2024

Effective Term: Fall 2024

Course Originator: Andrew Silva