



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** ATH 41                      **DIVISION:** 40                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Fall 2022                      **CURRICULUM APPROVAL DATE:** 11/7/2022

**SHORT TITLE:** INTERCOLLEGIATE WATER POLO

**LONG TITLE:** Intercollegiate Water Polo

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 TO 3	18	Lecture:	0	0
		Lab:	7.5 TO 10	135 TO 180
		Other:	0	0
		Total:	7.5 TO 10	135 TO 180
		Total Learning Hrs:	135 TO 180	

#### **COURSE DESCRIPTION:**

This course provides practice and competition in intercollegiate water polo. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated  
Maximum of 3 times

## SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 045 - Laboratory - LEH 0.5
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 735 - Dist. Ed Internet LAB-LEH 0.5

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate skills appropriate for their position.
2. Execute game strategies appropriate to the sport.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the eggbeater kick and head-up crawl in both drills and scrimmage situations.
2. Demonstrate the proper techniques for passing, shooting, dribbling, and catching a water polo ball.
3. Discuss the importance of and techniques for defending.
4. Execute offensive and defensive strategies in scrimmage and game situations.
5. Execute each game plan.
6. Explain the official rules and their interpretations.

## CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

CURRICULUM APPROVAL DATE: 11/7/2022

20 - 30 Hours

Content: Discussion of course requirements/expectations of the class. Warm up activities specific to water polo will be presented. Cardiovascular endurance conditioning drills will be introduced. This may include such activities as: treading water and sprint crawl. Students who repeat the class will be provided a leadership opportunity by the instructor. They will have their skills or proficiency enhanced by supervised repetition and practice.

32- 42 Hours

Content: Development of advanced skills and techniques of water polo. This may include the skills of the eggbeater kick and head-up crawl as well as the techniques for passing, shooting, dribbling, and catching a water polo ball; as well as defending. Continue work on cardiovascular endurance conditioning drills and skills required to compete. Introduce/implement/review the offensive and defensive schemes that will be used throughout the season. Students who repeat this course will become more proficient in these skills through repetition of the drills. They will be able to explain the strategies involved in the sport as well as demonstrate improvement in their consistency.

73 - 96 Hours

Content: Presentation on the official rules and their interpretation, especially as it relates to goal tending and penalty shots. Discussion on teamwork/sense of team. Specifically motivation, pride, and integrity. Formulate and execute a game plan specific to that week's opponent(s). Students who repeat the course will improve on consistency and increase their success rate.

8 - 10 Hours

Content: Individual meetings/evaluations of each player with the coach/instructor.

2 Hours

Final

NOTE: The daily class schedule will generally utilize the following format:

---warm up activities (cardiovascular endurance drills)

---skill work (such as passing, shooting, dribbling, and catching)

---team drills (introducing/implementing/reviewing offensive and defensive situations, may include scrimmage)

NOTE: A week is typically broken into:

---Monday - conditioning and skill work on passing, shooting, dribbling, and catching

---Tuesday - situational drills specific to a particular offense or defense

---Wednesday - intercollegiate competition

---Thursday - individual and team work based on the previous days competition

---Friday - intercollegiate competition

### **METHODS OF INSTRUCTION:**

Demonstration, Discussion, Cooperative Learning Exercises, Video Analysis

### **METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 50

Evaluation Description

40% - 60% Coach/Instructor Observation of physical skills and techniques during practice/contests.

Problem-solving assignments

Evaluation Percent 10

Evaluation Description

10% - 30% Critical thinking skills as measured through successful execution of team plays.

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

30% - 50% Class participation is required.

### **REPRESENTATIVE TEXTBOOKS:**

This is an activity course so no textbook is required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 202270

UC TRANSFER:

Transferable UC, effective 202270

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000633917

Sports/Physical Education Course: N

Taxonomy of Program: 083550