

**Course Outline**

**COURSE:** KIN 63                      **DIVISION:** 40                      **ALSO LISTED AS:** PE 63

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** WATER POLO

**LONG TITLE:** Water Polo

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

**COURSE DESCRIPTION:**

This is a coeducational activity course designed for all skill levels. Includes drills, strategy, techniques, rules, and game play. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 63.

**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

**STUDENT LEARNING OUTCOMES:**

1. The student will demonstrate the basic swimming and ball handling skills unique to the sport of water polo.

Measure: demonstration

ILO: 7, 2

GE-LO: E1

2. The student will explain the rules and strategies of the sport.

Measure: written exam, oral quiz, discussion

ILO: 2, 7, 1

GE-LO: A1, A2

3. The student will analyze different strategies for counterattacking various offenses and defenses.

Measure: performance, discussion

ILO: 7, 2, 1, 4

GE-LO: A2, E1

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

Inactive Course: 03/14/2011

3 - 6 Hours

Orientation: introduction, course requirements, and grading. The basic swimming skills will be introduced/reviewed, including the front crawl stroke (as adapted for water polo), the backstroke (as adapted for water polo), and treading water (egg-beater). Opportunities to work on these skills as well as improving conditioning will be provided.

SPO: The student will discuss the modifications required for the front crawl and backstroke in order to be used in the sport of water polo. They will demonstrate these skills as well as the egg-beater leg kick for treading water.

3 - 6 Hours

Continue working on swimming skills presented in earlier classes. Presentation and practice various ball handling skills - catching and throwing with both the right and left hand and the catch and release technique. The two basic passes in water polo: the dry pass and the wet pass will be explained and demonstrated. Shooting techniques will be presented, including the power shot, the lob shot and the skip shot.

SPO: The student will demonstrate the dry pass and the wet pass. They will demonstrate various shooting techniques and explain when each would be best utilized.

3 - 6 Hours

Continue to work on improving swimming, passing, and shooting skills. A discussion on the rules of the game and strategies involved in the sport of water polo will be presented. General defensive principles will be introduced. Goalkeeper skills will be explained and practiced. Fouls, both minor and major, will be discussed. Information on team defense will be introduced.

SPO: The student will explain the skills required of a goalkeeper. They will discuss the difference between a minor foul and a major foul.

4.5 - 9 Hours

All skills covered to date will continue to be practiced. Team defense, including positioning, switching, two-meter defense, man-to-man defense, and zone defense will be covered. Opportunities to practice these skills will be presented through modified games or simulated drills.

SPO: The student will describe the difference between a zone defense and a man-to-man defense. They will discuss the skills required to defend the two-meter player.

4.5 - 9 Hours

Modified game play opportunities will be provided to practice the skills and knowledge learned. Offensive strategies, including starting play, advancing the ball, setting the ball, man up and the five meter penalty will be presented. Individual offensive skills will also be practiced.

SPO: The student will demonstrate a variety of individual offensive skills. Team offensive strategies will be discussed by the student.

3 - 6 Hours

Fast break offense, counterattack situations, release responsibilities, and the goalie outlet pass will be presented. Students will have the opportunity to practice these situations through organized drills and scrimmage situations.

SPO: Students will participate in a variety of game-like situations which will include playing various positions. They will discuss the responsibilities of each player.

4.5 - 9 Hours

Opportunities to incorporate the skills and strategies learned into game play will be provided. This may include a variety of scrimmage situations, modified games, and/or game variations.

SPO: The student will demonstrate a variety of water polo skills by participating in game play. They will discuss rules, violations, and strategies as presented in various situations.

2 Hours

Final.

Note: This is a skill building class where the students' skills or proficiencies will be enhanced by supervised repetition and practice in class.

**METHODS OF INSTRUCTION:**

demonstration, lecture, small group interaction

**METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0%

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0%

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 60 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 20 % to 30 %

Multiple Choice

True/False

Matching Items

Completion

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 30 % to 60 %

Participation required.

**JUSTIFICATION:**

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.  
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

#### **REPRESENTATIVE TEXTBOOKS:**

#### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E, effective 201170

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

#### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 63

Prior to College Level: Y  
Non Credit Enhanced Funding: N  
Funding Agency Code: Y  
In-Service: N  
Occupational Course: E  
Maximum Hours: 1  
Minimum Hours: .5  
Course Control Number: CCC000372598  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500