

ATHL 33: INTERCOLLEGIATE WATER POLO I (WOMEN)

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|---|
| Effective Term: | Summer 2025 |
| Units: | 2 |
| Hours: | 6 laboratory per week (72 total per quarter) |
| Advisory: | Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules. |
| Degree & Credit Status: | Degree-Applicable Credit Course |
| Foothill GE: | Area 7: Lifelong Learning |
| Transferable: | CSU/UC |
| Grade Type: | Letter Grade (Request for Pass/No Pass) |
| Repeatability: | May be taken six times for credit |

Student Learning Outcomes

- Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating and understanding of those strategies.
- Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition.

Description

Competitive intercollegiate water polo emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's water polo team.

Course Objectives

The student will be able to:

1. Demonstrate advanced skills and techniques for the game of water polo
2. Develop cardiovascular endurance capacities
3. Explain the official rules and their interpretations
4. Demonstrate through performance the spirit and sense of team

Course Content

1. Advanced skills and techniques of water polo
 - a. Eggbeater kick
 - b. Headup crawl
 - c. Passing, shooting, dribbling, catching
2. Develop cardiovascular endurance activities
 - a. Treading water
 - b. Sprint crawl
3. Official rules and their interpretation
 - a. Goal tending
 - b. Penalty shot
4. Spirit and sense of team
 - a. Motivation
 - b. Integrity
 - c. Pride
 - d. Perseverance

Lab Content

Activities and drills that promote the student's development in the sport of water polo, such as swimming, passing, shooting, defending.

Special Facilities and/or Equipment

1. Swimming pool, water polo balls, and water polo nets.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Physical skills and techniques will be assessed by direct instructor observation
Improved cardiovascular levels as measured by time practice drills
Critical thinking skills as measured through successful team passes and plays

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Discussion
Cooperative learning exercises
Laboratory
Demonstration

Representative Text(s) and Other Materials

. [NCAA Men's and Women's Water Polo Rules and Interpretations 2021-2022](https://www.ncaa.org/sports/2021/2/9/playingrules.aspx).

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education or Coaching