

# ATHL 33: INTERCOLLEGIATE WATER POLO I (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Advisory:</b>	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.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	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:

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

## Course Content

- advanced skills and techniques of water polo
  - eggbeater kick
  - headup crawl
  - passing, shooting, dribbling, catching
- develop cardiovascular endurance activities

- treading water
- sprint crawl
- official rules and their interpretation
  - goal tending
  - penalty shot
- spirit and sense of team
  - motivation
  - integrity
  - pride
  - 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

Swimming pool, water polo balls, and water polo nets.

## Method(s) of Evaluation

- 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

Discussion, cooperative learning exercises, laboratory, demonstration.

## Representative Text(s) and Other Materials

[NCAA Men's and Women's Water Polo Rules and Interpretations 2016-17 and 2017-18](#). Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at [www.ncaa.org/championships/playing-rules](http://www.ncaa.org/championships/playing-rules)

## 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, Coaching