

ATHL 33A: PRESEASON CONDITIONING FOR WOMEN'S WATER POLO

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

- Apply effective water polo strategies in gameplay while showcasing improvements in strength, endurance, and flexibility through consistent training.
- Demonstrate the skills and strategies necessary to compete at an elite level in intercollegiate water polo while maintaining exemplary conduct and adhering to an athletic code of excellence.

Description

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of water polo.

Course Objectives

The student will be able to:

1. Demonstrate the skills necessary to compete on an intercollegiate water polo team at a maximum level of performance
2. Explain the value of sport in developing commitment, self-discipline, self-respect, and teamwork, and adhere to an athletic code of excellence through exemplary deportment both on and off the field of competition
3. Discuss and demonstrate effective strategies required by the sport of water polo

4. Demonstrate increased strength, endurance, stamina, flexibility, and knowledge of a healthy diet

Course Content

1. Advanced development of fundamental skills applicable to the sport of water polo
 - a. Individual physical skills relative to water polo
 - b. Team skill/plays/strategies relative to water polo
2. Physical fitness development
 - a. Muscular development
 - b. Muscular endurance
 - c. Cardiovascular fitness
 - d. Flexibility
 - e. Nutritional knowledge
3. Stress and pressure/mental game
 - a. Choking and safeguards against pressure
 - b. When to take chances and when to play it safe
 - c. Concentration and "the zone"
4. Rules
 - a. Video on the rules of water polo
 - b. How to use the rulebook for water polo
 - c. Appropriate behavior during competition
5. Practice sessions
 - a. Individual skills/techniques
 - b. Team drills/strategies
6. Sportsmanship and etiquette
 - a. Mutual respect
 - b. Rivalry and camaraderie
 - c. Zeal for excellence
7. Individual and team philosophy
 - a. Motivation
 - b. Pride
 - c. Excellence
 - d. Sacrifice
 - e. Success
 - f. Integrity
 - g. 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. Equipment required for the sport of water polo.
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

1. Individual and team verbal critiques
2. Video analysis
3. Individual improvement, performance, and contribution to team effort

Method(s) of Instruction

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

Lecture presentations and team discussion
Facilitation of drills and activities that promote learning objectives

Representative Text(s) and Other Materials

. NCAA Men's and Women's Water Polo Rules and Interpretations 2021-2022 .

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