

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

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<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 understand and apply the rules and etiquette of the game of water polo
- Upon completion students should be able to understand and implement offensive and defensive water polo strategy

## 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:

- Demonstrate the skills necessary to compete on an intercollegiate water polo team at a maximum level of performance.
- 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.
- Discuss and demonstrate effective strategies required by the sport of water polo.
- Demonstrate increased strength, endurance, stamina, flexibility, and knowledge of a healthy diet.

## Course Content

- Advanced development of fundamental skills applicable to the sport of water polo
  - Individual physical skills relative to water polo
  - Team skill/plays/strategies relative to water polo
- Physical fitness development
  - Muscular development
  - Muscular endurance
  - Cardiovascular fitness
  - Flexibility
  - Nutritional knowledge
- Stress and pressure/mental game
  - Choking and safeguards against pressure
  - When to take chances and when to play it safe
  - Concentration and "the zone"
- Rules

- Video on the rules of water polo
- How to use the rulebook for water polo
- Appropriate behavior during competition
- Practice sessions
  - Individual skills/techniques
  - Team drills/strategies
- Sportsmanship and etiquette
  - Mutual respect
  - Rivalry and camaraderie
  - Zeal for excellence
- Individual and team philosophy
  - Motivation
  - Pride
  - Excellence
  - Sacrifice
  - Success
  - Integrity
  - 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

Equipment required for the sport of water polo

## Method(s) of Evaluation

- Physical skills and techniques will be assessed by direct instructor observation
  - Individual and team verbal critiques
  - Video analysis
  - Individual improvement, performance, and contribution to team effort

## Method(s) of Instruction

- 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 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