

# ATHL 33B: SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S WATER POLO

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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 VII: 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 utilize a variety of exercise modes and techniques to improve muscular strength, endurance, flexibility and cardio-respiratory endurance.
- Upon completion students should be able to identify weight management principles, basic physiology of exercise and benefits of regular exercise.

## Description

This course teaches and provides practice in specific techniques and conditioning for the sport of water polo. This includes drills, weight and flexibility training, and cardio-respiratory development.

## Course Objectives

The student will be able to:

1. Assess and improve muscle strength and muscle endurance used for the sport of water polo
2. Design and practice a program of effective muscle-training exercises
3. Define and assess flexibility and describe the benefits of increased flexibility for the sport of water polo
4. Demonstrate water polo specific strength exercises and routines

5. Practice specific aerobic and anaerobic training
6. Demonstrate and assess sport techniques for water polo

## Course Content

1. Assess and improve muscle strength and endurance
  - a. Practice a program of progressive overloading with an understanding of repetitions and sets
  - b. Physical testing to determine the measure for repetition maximums
  - c. Demonstrate the ability to select the weight and exercise for targeting each major muscle group
  - d. Perform and understand the importance of multiple joint exercise
2. Design a program of effective muscle training exercise for the sport of water polo
  - a. Design a program for circuit training exercises that are sport specific
  - b. Perform proper free weight lifting techniques
  - c. Explain the advantages and disadvantages of free weights vs. weight machines
3. Define and assess flexibility and describe the benefits of increased flexibility for water polo specific training
  - a. Explain the following factors and their influence on flexibility: muscle temperature, physical activity, age, and disease
  - b. Assess flexibility at four joint sites
4. Demonstrate water polo specific flexibility exercises and routines
  - a. Practice water polo specific stretching routines
  - b. Demonstrate PNF stretching exercises
5. Practice water polo specific aerobic and anaerobic training
  - a. Measure and assess individual cardio-respiratory endurance
  - b. Practice proper warm-up for aerobic and anaerobic exercise
6. Demonstrate and assess sport technique for competitive water polo training
  - a. Analyze water polo tapes for successful techniques
  - b. Practice sport techniques that develop skills for competitive water polo

## Lab Content

1. Swimming
2. Running
3. Lifting
4. Passing
5. Treading water
6. Stretching

## Special Facilities and/or Equipment

1. Water polo specific equipment.
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:

Water polo specific pre- and post-test for individual strength, flexibility, and endurance

## **Method(s) of Instruction**

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

Discussion  
Cooperative learning exercises  
Demonstrations

## **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