

# PHED 13: BEGINNING WATER POLO

## Foothill College Course Outline of Record

| Heading                 | Value  |
|-------------------------|--|
| Effective Term:         | Summer 2025  |
| Units:                  | 1  |
| Hours:                  | 3 laboratory per week (36 total per quarter)                           |
| Advisory:               | This course is included in the Team Sports family of activity courses. |
| 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:          | Not Repeatable   |

## Student Learning Outcomes

- Demonstrate proficiency in foundational water polo skills, including ball handling, dribbling, passing, blocking, and shooting, during organized drills and gameplay.
- Explain the basic rules, scoring system, and etiquette of water polo as they apply to match play and class competitions.

## Description

Basic water polo skills and techniques, including ball handling, dribbling, passing, shooting, and blocking. Includes an introduction to the rules of the game, as well as basic tactical strategies for offense and defense.

## Course Objectives

The student will be able to:

1. Demonstrate proficiency in basic individual water polo skills
  - a. Ball handling
  - b. Dribbling
  - c. Passing
  - d. Blocking
  - e. Shooting
2. Participate in organized drills necessary for skill development
3. Engage in conditioning and stretching exercises as they relate to beginning level water polo
4. Demonstrate an understanding of the rules, scoring, and etiquette for match play
5. Participate in water polo class competitions

## Course Content

1. Water polo basic skills and proficiency
  - a. Ball handling
    - i. Introduce techniques and define rules
    - ii. Use drill work to develop dexterity and strength
    - iii. Incorporate the egg-beater kick to develop proper body position

- b. Dribbling
  - i. Refine all elements of head up freestyle
  - ii. Develop ability to transition from horizontal to vertical body positioning
  - iii. Use drill work to develop speed and ball handling
- c. Passing
  - i. Introduce techniques and define rules
  - ii. Use drill work to develop

## Lab Content

1. Water polo basic skills and proficiency
  - a. Ball handling
  - b. Dribbling
  - c. Passing

## Special Facilities and/or Equipment

1. Access to swimming pool.
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:

Writing assignments  
Skill demonstration  
Journal entries  
Quizzes 1-4

## Method(s) of Instruction

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

Lecture  
Laboratory  
Demonstration  
Discussion  
Cooperative learning exercises

## Representative Text(s) and Other Materials

Vargas, John, and Richard Kent. *Water Polo Team Notebook*. 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Optional reading and writing assignments as recommended by instructor

## **Discipline(s)**

Physical Education