

PHED 13A: INTERMEDIATE WATER POLO

Foothill College Course Outline of Record

Heading	Value
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 VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate proper technique for passing, shooting and other water polo skills. Apply knowledge of water polo rules and strategy of offensive and defensive game situations. Improve overall physical fitness and endurance.
- Demonstrate increasing proficiency in the intermediate/advanced skills for water polo

Description

Intermediate water polo skills and techniques, including ball handling, dribbling, passing, shooting, and blocking. Includes a review of the rules of the game, team offense, team defense, developing players at specific positions and an introduction to specific team plays and strategies.

Course Objectives

The student will be able to:

- Demonstrate proficiency in intermediate individual water polo skills
 - Ball handling
 - Dribbling
 - Passing
 - Blocking
 - Shooting
- Participate in intermediate water polo drills necessary for skill development
- Engage in conditioning and stretching exercises as they relate to intermediate level water polo
- Demonstrate an understanding of the rules, scoring and etiquette for match play
- Participate in water polo class competitions

Course Content

- Intermediate Water Polo Skills
 - Ball handling
 - Refine elements of legal ball handling
 - Use drill work to develop dexterity and strength
 - Incorporate the egg-beater kick to develop proper body-positioning
 - Dribbling
 - Refine all elements of head up freestyle

- Develop ability to transition from horizontal to vertical body-positioning
 - Use drill work to develop speed and ability to pass and receive passes while dribbling
 - Passing
 - Refine techniques and define rules
 - Use drill work to develop dexterity and strength
 - Refine different types of passing techniques including wet and dry passes
 - Shooting
 - Refine techniques and timing of shooting
 - Use drill work to develop dexterity and strength
 - Develop different types of shots, including: wet, dry, center (step-out, sweep, back-hand), penalty, and perimeter shooting
 - Blocking
 - Refine techniques of legal blocking
 - Use drill work to develop dexterity and strength
 - Develop players specifically at the goalie position
- Rules of the Game
 - NCAA rules
 - FINA rules
 - Intermediate Strategies and Tactics
 - Offense team play
 - Defense team play
 - Power plays (offensively and defensively)
 - Set-up plays

Lab Content

- Intermediate Water Polo Skills
 - Ball handling
 - Dribbling
 - Passing
 - Shooting
 - Blocking
- Rules of the Game
 - NCAA rules
 - FINA rules
- Intermediate Strategies and Tactics
 - Offense team play
 - Defense team play
 - Power plays (offensively and defensively)
 - Set-up plays

Special Facilities and/or Equipment

Access to swimming pool, water polo balls, water polo caps and water polo goals.

Method(s) of Evaluation

- Writing assignments
- Skill demonstration
- Journal entries
- Quizzes 1-4

Method(s) of Instruction

- Lecture
- Discussion
- Cooperative learning exercises
- Laboratory
- Demonstration

Representative Text(s) and Other Materials

Vargas, John, and Richard Kent. Water Polo Team Notebook. Writing Athletes & National Writing Project, March 27, 2014.

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

A. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education