

PHED 13C: WATER POLO: GAME SKILLS

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

- A successful student will be able to perform and compete in high level games to improve water polo game skills.
- A successful student will be able to demonstrate skills learned through class practice and playing the game of water polo that promote water polo as a lifelong activity.

Description

Practice and preparation for competitive water polo, emphasizing water polo skills, fundamentals and strategies of the game, position specific training and full body preparation.

Course Objectives

The student will be able to:

- A. Demonstrate individual fundamental skills pertaining to water polo in relation to:
1. Agility
 2. Coordination
 3. Reaction
 4. Muscular strength
 5. Muscle and cardiovascular endurance
- B. Demonstrate and apply practical and general knowledge of the game of water polo and its rules.
- C. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
- D. Demonstrate the ability to work with a team unit and develop team concepts.

Course Content

- A. Individual fundamental skills and conditioning
1. Agility
 2. Coordination
 3. Reaction
 4. Muscular strength
 5. Muscle and cardiovascular endurance
- B. Practical and general knowledge of the game and its rules
1. Practice drills
 2. Game situations

C. Concepts and strategies of opponent

1. Offensive scheme
2. Defensive scheme
3. Special plays
4. Team personnel
- D. Team development and goals

Lab Content

- A. Individual fundamental skills and conditioning
- B. Practical and general knowledge of the game and its rules
- C. Concepts and strategies of opponent
- D. Team development and goals

Special Facilities and/or Equipment

Access to the swimming pool, water polo balls, water polo caps & water polo goals.

Method(s) of Evaluation

- A. Writing assignments
- B. Skill demonstration
- C. Journal entries
- D. Quizzes 1-4

Method(s) of Instruction

- A. Lecture
- B. Laboratory
- C. Demonstration
- D. Discussion
- E. Cooperative Learning Exercises

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