

# PHED 13C: WATER POLO: GAME SKILLS

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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:

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

## Course Content

1. Individual fundamental skills and conditioning
  - a. Agility
  - b. Coordination
  - c. Reaction

- d. Muscular strength
  - e. Muscle and cardiovascular endurance
2. Practical and general knowledge of the game and its rules
    - a. Practice drills
    - b. Game situations
  3. Concepts and strategies of opponent
    - a. Offensive scheme
    - b. Defensive scheme
    - c. Special plays
    - d. Team personnel
  4. Team development and goals

## Lab Content

1. Individual fundamental skills and conditioning
2. Practical and general knowledge of the game and its rules
3. Concepts and strategies of opponent
4. Team development and goals

## Special Facilities and/or Equipment

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