

# PE - 86abc - Off-Season Training for Men's Intercollegiate Water Polo Team

## COURSE OUTLINE OF RECORD

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### VIII. General Course Information

**Subject:\***

PE

**Course Number:\*** 86abc

**Descriptive Title:\*** Off-Season Training for Men's Intercollegiate Water Polo Team

**Course Disciplines:\***

Coaching

Physical Education

**Division:**

Health Sciences and Athletics

**Department:\***

Athletics

**Catalog Description:\***

This course provides instruction and practice in the advanced techniques of water polo. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

### **Conditions of Enrollment:**

**Prerequisite:**

**Co-requisite:**

**Recommended Preparation:** High school varsity experience or equivalent skill

**Enrollment**

**Course Length:**  Full Term

**Hours Lecture (per week):** 0

**Hours Laboratory (per week):** 3

**Outside Study Hours:\*** 0

**Total Hours:\*** 54

**Course Units:\*** 1

**Grading Method:**

Letter Grade only

**Credit Status:**

Credit, degree applicable

**Transfer CSU:**  Yes  
 No

**Effective Date:** Prior to July 1992

**Transfer UC:**  Yes  
 No

**Effective Date:** Spring 1994

**General Education  
ECC:**

Area 5 - Health and Physical Education

**Term:**

**Other:**

**CSU GE:**

**Term:**

**Other:**

**IGETC:**

**Term:**

**Other:**

## **IX. Outcomes and Objectives**

**A. Student Learning Outcomes SLOs** (The course student learning outcomes are listed below.)

**Student Learning Outcomes:**

**SLO #1 Passing**

Student will demonstrate passing with a partner using the eggbeater kick.

**SLO #2 Group Shooting**

Student will demonstrate efficiency and speed in a group shooting drill using the goal covering “sniper”.

**SLO #3 Strategies**

Student will identify strategies for scoring in an “extra man” situation and be able to demonstrate appropriate skills in various positions.

**B. Course Objectives** (The major learning objectives for this course are listed below.)

**Student Learning Objectives:**

1. Comprehend the rules and scoring of intercollegiate water polo games.
2. Demonstrate technique for passing, dribbling, blocking, and eggbeating.
3. Analyze the responsibilities of each offensive and defensive position.
4. Demonstrate goal shooting accuracy on a sniper goal cover.
5. Design an off-season conditioning and strength training program.

**X. Outline of Subject Matter**

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic

2. Super sub topic

**Major Topics:**

**I. Orientation (2 hours, lab)**

- A. Class format and off-season training
- B. Collegiate water polo rules and regulations
- C. Eligibility requirements

**II. Introduction to Water Polo Skills (20 hours, lab)**

- A. Freestyle
- B. Backstroke
- C. Breaststroke, direction change
- D. Freestyle training while dribbling a ball
- E. Basic techniques
- F. Wet passing
- G. Dry passing
- H. Eggbeater treading (underwater)
- I. Two-meter post position training
- J. Goalie training
- K. Goal shooting drills

**III. Offensive Team Strategy (8 hours, lab)**

- A. Outlet pass sprint training
- B. Fastbreak
- C. Power plays
- D. One-on-one
- E. Attacking various defenses

**IV. Defensive Team Strategy (8 hours, lab)**

- A. Zone defense
- B. Man-up defense
- C. One-on-one defense
- D. Defending against special situations

**V. Conditioning (16 hours, lab)**

- A. Anaerobic training
- B. Strength training

**Total Lecture Hours:** 0

**Total Laboratory Hours:** 54

**Total Hours:** 54

**XI. Primary Method of Evaluation and Sample Assignments**

**A. Primary Method of Evaluation (choose one):**

Primary Method of Evaluation

**B. Typical Assignment Using Primary Method of Evaluation**

**Typical Assignment Using Primary Method of Evaluation:** Design and explain to the instructor a set-up of a six on five power play for a fastbreak offensive attack.

**C. College-level Critical Thinking Assignments**

**Critical Thinking Assignment 1:** Set up a training program for the goalkeeper position. Include in the program eggbeater treading of water and both wet and dry passing. Explain and demonstrate to the instructor.

**Critical Thinking Assignment 2:** Compare the offensive strategies in attacking a zone defense and a pressing defense. Explain to the instructor a game plan that could be executed against each defense.

**D. Other Typical Assessment and Evaluation Methods**

**Other Evaluation Methods:**

**If Other:**

**XII. Instructional Methods**

*Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.*

**Instructional Methods:**

**If other:** Multimedia analysis of each student's performance during training  
Multimedia analysis of elite athletes

**XIII. Work Outside of Class**

**Work Outside of Class**

**If Other:** Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**XIV. Texts and Materials**

**A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

Alternative  
Textbooks:

**C. Required Supplementary Readings**

Required  
Supplementary  
Readings:

**D. Other Required Materials**

Other Required  
Materials:

## **XV. Conditions of Enrollment**

**A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite

Category

Requisite course:

Requisite skill(s):

Matching Skills  
(Objectives):

**B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite:

Requisite Skills:

Matching Skills  
(Objectives):

**C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite course:

**Requisite skill(s):**

**Matching Skills  
(Objectives):**

**D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

**Requisite:** High school varsity experience or equivalent skill

**Requisite skill(s):** Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

**Matching Skills  
(Objectives):**

**E. Enrollment Limitations**

**Enrollment  
Limitations and  
Category:**

**Enrollment  
Limitations Impact:**

**Course Created by:** Corey Stanbury

**Date:** 03/01/1989

**Board Approval Date:** 02/12/1990

**Last Board Approval  
Date:**

**Last Reviewed and/or  
Revised by:** Corey Stanbury

**Date:** 10/2018