



I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 87abc
Descriptive Title: Women's Intercollegiate Water Polo Team
Course Disciplines: Physical Education or Coaching
Division: Health Sciences and Athletics

Catalog Description:

This course provides instruction and practice in advanced water polo techniques and the opportunity for intercollegiate competition. Training format will be designed to develop endurance, strength, individual skills, and team skills specific to the sport of water polo. A variety of drills will encourage skill acquisition and foster coordinated team play. Game theory will engender an understanding of team play and the role each individual contributes to seamless team unity. Conditioning will enable the athletes to play the game at a high performance level.

Note: This course is offered in the fall semester only.

Conditions of Enrollment:

Recommended Preparation: High school varsity experience or equivalent skill.

Course Length:	X Full Term	Other (Specify number of weeks):
Hours Lecture:	0 hours per week	
Hours Laboratory:	10.00 hours per week	
Course Units:	3.00	

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: X Effective Date: April 8, 1996
Transfer UC: X Effective Date: Fall 1996

General Education:
El Camino College:
5 – Health and Physical Education
 Term: Other:

CSU GE:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate passing with a partner using the eggbeater kick.
2. Students will demonstrate efficiency and speed in a group shooting drill using the goal covering "sniper."
3. Students will identify strategies for scoring in an "extra man" situation and be able to demonstrate appropriate skills in various positions.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate swimming techniques associated with the sport of water polo.
Class Performance
2. Demonstrate shooting and passing skills necessary to play water polo.
Class Performance
3. Participate in team execution of an extra player offensive situation.
Performance exams
4. Design and execute both offensive and defensive strategies for a team situation.
Performance exams
5. Demonstrate skills in a variety of water polo positions.
Performance exams
6. Affect an opposing team's style of play through the use of strategic measures.
Performance exams
7. Affect opponents' individual techniques to prevent them from scoring.
Performance exams
8. Explain to team members anticipated play by an opposing team.
Presentation
9. Evaluate individual and team execution of game performance.
Presentation

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Introduce season, schedule, and complete eligibility process
Lab	40	II	Daily conditioning component A. Head up swimming with a ball B. Eggbeater vertical kicking with a weighted ball C. Sprint swimming D. Eggbeater kicking with another player pushing down
Lab	20	III	Passing practice and skill acquisition A. Alternating hand passing with one partner B. Strong arm only passing long distance C. Pressure passing with a guard D. Group passing random directions
Lab	20	IV	Shooting practice and skill acquisition A. Wall ball shooting for technique B. Shooting on sniper cage cover C. Shooting from a pass D. Shooting from 2-meter position
Lab	28	V	Offense and defense team coordination drills A. Driving offense - no set position B. Double set position offense C. Post up offense D. 56 drop defense E. Point drop defense F. Man-to-man pressing defense with 2 meter front
Lab	20	VI	Extra player and special situations team coordination drills A. 6 on 5 offense B. 6 on 5 defense C. 6 on 5 special plays for offense and defense out of bounds play D. Special plays following a time out
Lab	25	VII	Simulated competition inter-squad A. Scrimmage with emphasis on offense B. Scrimmage with emphasis on defense C. Scrimmage with emphasis on kick outs
Lab	25	VIII	Actual competition against teams from other institutions A. Conference competition B. Tournament competition
Total Lecture Hours		0	
Total Laboratory Hours		180	

Total Hours	180
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IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Problem solving demonstrations (computational or non-computational)

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Design and execute a play that can lead to scoring a goal from a 2-meter position.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. During competition recognize a point drop defense and execute a team strategy to break down the defense so your team can pass the ball to the 2 meter position.
2. During a competition anticipate an individual player's defensive positioning and create an advantage that can lead to scoring a goal.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

Other (specify):

Competition

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Group Activities

Multimedia presentations

Other (please specify)

Alternate class sites

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.

VI. WORK OUTSIDE OF CLASS

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

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill.	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.

D. Recommended Skills

Recommended Skills
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.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Corey Stanbury on 02/01/1996.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 12/17/2018

Last Reviewed and/or Revised by: Corey Stanbury

Date: 9/11/2018

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