

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 65

INTERCOLLEGIATE WATER POLO -- WOMEN'S

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN 65 — INTERCOLLEGIATE WATER POLO -- WOMEN'S — 2.00 units

This course is for Intercollegiate Women's Water Polo competition conducted through the NCAA and CCCAA. Defensive and offensive strategies, swimming mechanics, and water polo ball skills appropriate to intercollegiate athletic competition will be expected of the participants. This course may be taken four times for credit.

2.00 Units Lab

Strongly Recommended

KIN SW3 - Swimming 3
with a minimum grade of C

KIN WP2 - Water Polo 2
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

	MIN
Lab Hours:	108.00
Total Hours:	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINSW3

1. Perform 100 yards of front crawl with proficient side-breathing and 100 yards backstroke, each with competitive flip-turn; 50 yards breaststroke and 50 yards butterfly, each with the correct competitive turn; 100 yard Individual Medley with correct turns, and a 500 yard continuous swim using any combination of swim strokes.
2. Employ and demonstrate efficiency techniques for each competitive stroke.

B. KINWP2

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. Exhibit knowledge of the rules of water polo
2. Demonstrate effective throwing, catching, and shooting mechanics
3. Utilize appropriate offensive and defensive strategies to compete at the intercollegiate level

V. CONTENT:

A. Rules and Regulations

1. NCAA
2. CCCAA
3. Sportsmanship and etiquette

B. Swimming Mechanics Relating to Water Polo

1. Freestyle
2. Backstroke
3. Head-up freestyle
4. Eggbeater kick

C. Conditioning

1. Aerobic
2. Anaerobic
3. Strength Training
4. Injury prevention

D. Throwing and Catching Mechanics

1. Hand grip

- 2. Wrist snap
- 3. Follow through
- 4. Placement
- 5. Absorbition
- E. Shooting Development
 - 1. 2 meter
 - 2. 5 meter and closer
 - 3. Outside 5 meter
- F. Defensive Strategies
 - 1. Press
 - 2. Man drop
 - 3. Zone tactics
 - 4. 6-5 strategies
 - 5. Counter attack prevention
- G. Offensive Strategies
 - 1. Counter attack
 - a. 2-1
 - b. 3-2
 - c. 4-3
 - d. 5-4
 - 2. Front court offense
 - 3. 2 meter offense
 - 4. No 2 meter offense

VI. METHODS OF INSTRUCTION:

- A. **Lab** - Individual and group activities.
- B. **Lecture** - Rules, regulations, and strategies.
- C. **Audio-visual Activity** - Study of game film and instructional videos.

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice activities
- B. Participate in competition
- C. Evaluate game situations and outcomes

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Lab Activities
- 3. Class Performance
- 4. Final Class Performance

B. **Frequency**

- 1. Class Participation- Daily
- 2. Class Performance- Scheduled competitions
- 3. Final Class Performance- Conference Championships, Northern California Championships, and State Championships
- 4. Lab Activities- Skills and drills daily

IX. TYPICAL TEXTS:

- 1. (2012). *Water Polo Coaching Series - Book 1 BASICS OF SUCCESSFUL COACHING*. : lulu.com.
- 2. (2012). *Water Polo Coaching Series - Book 2 FUNDAMENTALS OF WATER POLO*. : lulu.com.
- 3. (2013). *High Performance Training for Sports*. : Human Kinetics.
- 4. NCAA. 2014-2016 Water Polo Rules and Interpretations. National Collegiate Athletic Association , 2014.
- 5. FINA. FINA Water Polo Rules 2013-2017 incl. appendices. FINA office , 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competition water polo suit