

PE 119 BEGINNING WATER POLO

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** RM 103H
SECTION: 02A
DAY/TIME: MON/WED/FRI: 2:00 PM - 2:50 PM.
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:30 AM – 12:30 PM

COURSE OBJECTIVES:

1. To understand the game of water polo.
2. To acquire the basic and advanced skills necessary to play the game of water polo.
3. To learn the strategies for offensive and defensive games.
4. To learn the rules and regulations for playing the game of water polo.
5. To discuss the physical conditioning and mental development for water polo.

GRADING SCALES:

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

COURSE OUTLINE:

- A. INTRODUCTION: The game of Water Polo
- B. BASIC & ADVANCED SKILLS OF PLAYING THE GAME
- C. BASIC & ADVANCED STRATEGIES
 1. Offensive Strategy
 2. Defensive Strategy
- D. RULES & REGULATION OF THE GAME

EXAMINATION:

1. **WRITTEN EXAMS [50%]**
MID-TERM EXAM [20%]
FINAL EXAM [20%]
2. **SKILLS COMPONENT [50%]**

SUGGESTED TEXT BOOKS:

Water Polo: Learning and Teaching the Basics by Monte Nitzkowski.

EQUIPMENT/ATTIRE:

Students should wear any type of swimwear that is appropriate for the pool.

EXTRA CREDIT:

Extra points can be earned through the form of spontaneous class presentations, skills demonstrations, and specified outside participation in water polo related activities.

ATTENDANCE:

1. Three absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of 5 bonus points will be added to the final grade for the student who does not miss any classes during the semester; three (3) points will be given to those who miss one class; and one (1) point will be added for those who miss two classes.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered an absence.

RISK AWARENESS STATEMENT:

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
 - a. Have your physician state the nature of your limitation(s) in writing.
 - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

STUDENT HONOR CODE:

It is the student responsibility to uphold the honor code as described in Oxford College's catalog.

WK	DATE	DAY	ACTIVITIES	COMMENT
1	8/29	WED		
	8/31	FRI	INTRODUCTION	
2	9/3	MON	NO CLASS	LABOR DAY HOLIDAY
	9/5	WED	THE SWIM STROKES	HEAD UP, FLUTTER FLY; BR, SDE STK, BK, FREE
	9/7	FRI	THE KICKS	EGGBEATER; LUNGE
3	9/10	MON	PROJECT	US DEPARTMENT OF JUSTICE
	9/12	WED	PICKING UP THE BALL	UNDERNEATH; TOP
	9/14	FRI	DRIBBLING	
4	9/17	MON	CHANGING DIRECTIONS	
	9/19	WED	PASSING THE BALL	VERTICAL PASSING
	9/21	FRI	PASSING THE BALL	HORIZONTAL PASSING
5	9/24	MON	SHOOTING	PERIMETER
	9/26	WED	SHOOTING	TWO-METER SHOTS; LAYOUT SHOTS
	9/28	FRI	SHOOTING	DRIVE SHOOTING
6	10/1	MON	OTHERS SHOOTING SHOTS	"T"; POP; PUSH
	10/3	WED	PLAYERS POSITIONS	GOALKEEPER; DEFENSIVE; DRIVER; HOLEMAN
	10/5	FRI	SKILL TEST I	SWIM STROKES; KICKS; PICKING UP THE BALL
7	10/8	MON	SKILL TEST I	DRIBBLING; PASSING
	10/10	WED	REVIEW FOR MID TERM	
	10/12	FRI	MID TERM EXAM	
8	10/15	MON	NO CLASS	MIDSEMESTER BREAK
	10/17	WED	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
	10/19	FRI	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
9	10/22	MON	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
	10/24	WED	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
	10/26	FRI	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
10	10/29	MON	THE GAME OF WATER POLO	PUTTING IT ALL TOGETHER
	10/31	WED	SKILL TEST II	SHOOTING: PERIMETER
	11/2	FRI	SKILL TEST II	SHOOTING: TWO-METER
11	11/5	MON	SKILL TEST II	SHOOTING: DRIVE
	11/7	WED	PRACTICE PLAYING GAME	LEARNING THE RULES
	11/9	FRI	PRACTICE PLAYING GAME	LEARNING THE STRATEGIES OF DEFENSE
12	11/12	MON	PRACTICE PLAYING GAME	LEARNING THE STRATEGIES OF OFFENSE
	11/14	WED	PRACTICE PLAYING GAME	LEARNING PLAYING AT DIFFERENT POSITIONS
	11/16	FRI	PRACTICE PLAYING GAME	LEARNING PLAYING AT DIFFERENT POSITIONS
13	11/19	MON	PRACTICE PLAYING GAME	LEARNING PLAYING AT DIFFERENT POSITIONS
	11/21	WED	PRACTICE PLAYING GAME	LEARNING PLAYING AT DIFFERENT POSITIONS
	11/23	FRI	NO CLASS	THANKSGIVING HOLIDAY
14	11/26	MON	SKILL TEST III	PASS & SHOOT AT DIFFERENT POSITIONS
	11/28	WED	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
	11/30	FRI	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
15	12/3	MON	SKILL TEST III	PASS & SHOOT AT DIFFERENT POSITIONS
	12/5	WED	SKILL TEST III	PASS & SHOOT AT DIFFERENT POSITIONS
	12/7	FRI	REVIEW FOR FINAL	
16	12/10	MON	FINAL EXAM	
	12/12	WED		

12/14	FRI		
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