

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

Course Outline for KIN WP1

WATER POLO 1

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN WP1 — WATER POLO 1 — 0.50 - 2.00 units

This course is an introduction to the sport of Water Polo. Instruction will include individual skills relating to the play of water polo. Instruction will also include rules, regulations, and basic team play.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN SW2 - Swimming 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

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

A. KINSW2

IV. MEASURABLE OBJECTIVES:

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

- Recognize the basic rules of water polo
- Describe how water polo started and progressed into the sport we play today
- Demonstrate and explain the basic components of offense and defense;
- Illustrate the field of play for water polo
- Demonstrate basic water polo skills: dribbling, passing, shooting
- Organize a basic field set-up of players for a 6-on-5 situation;
- Demonstrate proper etiquette and sportsmanship throughout competition;

V. CONTENT:

- History
- Requirements
 - Equipment
 - Field of play
 - Rules of play
- Skill Development
 - Individual skills and conditioning (dribbling, passing, shooting, swimming strokes)
 - Setting up a basic offense;
 - Setting up a basic defense;
 - Understanding the basic concept of a counterattack offense and defense;
 - Understanding 6-on-5 and 5-on-6 situations;
 - The goalie
 - Team cooperation and sportsmanship

VI. METHODS OF INSTRUCTION:

- Demonstration of drills/skills
- Lecture** - 1. Explain the individual skills (passing, shooting, dribbling) 2. Explain the individual and team skills/drills for offense 3. Explain the individual and team skills/drills for defense 4. Explain the individual and team counter attack skills/drills
- Application of skills
- Individual and group activities
- Practice

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
- B. Participate in drills
- C. Evaluate player/field set-up for offense and defense.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Class Participation
- 4. Class Performance

B. **Frequency**

- 1. Exams
 - a. 1-2 per semester
- 2. Papers
 - a. 1-2 per semester
- 3. Class participation
 - a. Daily
- 4. Class performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

- 1. Balline, Gareth (2012). *Water Polo Basics: All About Water Polo.* : CreateSpace Independent Publishing Platform.
- 2. National Collegiate Athletic Association (2011). *2011-2013 NCAA Men's and Womens Water Polo Rules.* : NCAA.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Swim Cap