

Las Positas College  
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## Course Outline for KIN WP1

### WATER POLO 1

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN WP1 — WATER POLO 1 — 1.00 - 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.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SW2 - Swimming 2  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

**Family:** Kinesiology Water Polo

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	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

- D. Individual and group activities
- E. 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. Lewindon, D., & Joyce, D. (2013). *High Performance Training for Sports* (First ed.). Champagne, Illinois: Human Kinetics.
- 3. Dettamante, D. (2012). *Basics of Successful Coaching - Water Polo Series* (Book 1 ed.). Raleigh, North Carolina: Lulu.com.
- 4. Lewindon, D., & Joyce, D. (2013). *Fundamental of Water Polo* (Book 2 ed.). Raleigh, North Carolina: Lulu.com.
- 5. National Collegiate Athletic Assn.. Water Polo Rules and Interpretations. NCAA , 2014.
- 6. FINA. FINA Water Polo Rules: 2013-2017. FINA , 2013.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Swim Cap