

Las Positas College  
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## Course Outline for KIN 61

### INTERCOLLEGIATE OFF SEASON WATER POLO

Effective: Fall 2016

#### I. CATALOG DESCRIPTION:

KIN 61 — INTERCOLLEGIATE OFF SEASON WATER POLO — 0.50 - 3.00 units

This course is designed to give students the opportunity to learn and apply specific skills and strategies relating to the game of Water Polo. Instruction will also focus on speed, quickness, strength, and cardiovascular conditioning as they relate to the play of Water Polo. This course offers dry-land training specific for Water Polo to enhance performance. This is an Off Season course for Intercollegiate Water Polo.

0.50 - 3.00 Units Lab

#### **Strongly Recommended**

KIN WP1 - Water Polo 1  
with a minimum grade of C

KIN SW2 - Swimming 2  
with a minimum grade of C

#### **Grading Methods:**

Letter Grade

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	162.00
<b>Total Hours:</b>	27.00	162.00

#### 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. KINWP1

1. Recognize the basic rules of water polo
2. Demonstrate and explain the basic components of offense and defense;
3. Demonstrate basic water polo skills: dribbling, passing, shooting

##### B. KINSW2

#### IV. MEASURABLE OBJECTIVES:

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

1. Understand the concept of periodization training
2. Demonstrate correct throwing form with the appropriate grip, wrist snap, and follow through
3. Demonstrate proper body position for head-up freestyle
4. Apply NCAA rules and regulations in a competitive situation
5. Reconstruct 6-5 offensive and defensive strategies
6. Evaluate various game situations and integrate possible solutions
7. Arrange a series of speed/quickness drills to reach a stated objective
8. Construct a series of dry-land exercises to enhance performance in water polo

#### V. CONTENT:

##### A. Concepts of Water Polo Training

1. Periodization
2. Dryland Strength Training
3. In water, water polo specific training
4. Flexibility

##### B. Review of swim skills and mechanics

1. Freestyle & head-up freestyle
2. Backstroke & backstroke with eggbeater
3. Butterfly & butterfly with freestyle kick
4. Breaststroke
5. Water polo individual medley

- C. Review of basic ball skills and mechanics
  - 1. Dribbling
  - 2. Passing
  - 3. Shooting
- D. Review of Rules and Regulations
  - 1. NCAA
  - 2. CCCAA
- E. Offensive Strategies
  - 1. Counter Attack
  - 2. Front Court
  - 3. 2 Meter
- F. Defensive Strategies
  - 1. Press
  - 2. Man drop
  - 3. Zone
  - 4. 6-5 strategies
- G. Evaluation of Game Play
  - 1. Instructional videos
  - 2. Record games/practice
    - a. Evaluate team and individual play
- H. In-Water Conditioning
  - 1. Swim sets
  - 2. Circuit training in the pool
  - 3. Leg Conditioning
    - a. Freestyle kicking
    - b. Breaststroke kicking
    - c. Eggbeater
    - d. Individual kicking drills
    - e. Partner kicking drills
  - 4. Speed/Quickness Conditioning
    - a. Individual drills
    - b. Partner drills
    - c. Group drills
    - d. Whistle drills
- I. Dry-land Conditioning
  - 1. Free weights
  - 2. Body weight exercises
  - 3. Plyometrics
  - 4. Core strength
  - 5. Rotator Cuff

#### VI. METHODS OF INSTRUCTION:

- A. Demonstration of drills/skills
- B. Practice
- C. Dry-land activities
- D. Application of skills
- E. **Lecture** - Explain concepts of periodization. Explain the purpose of individual, partner, group drills.
- F. Individual and group activities

#### VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities.
- B. Participate in drills.
- C. Research a conditioning drill for water polo.
- D. Compile a series of drills with a stated objective.
- E. Take an exam/quiz on concepts relating to conditioning, specifically for water polo.

#### 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. (2012). *Basics of Successful Coaching - Water Polo Series* (Book 1 ed.). Raleigh, North Carolina: Lulu.com.
- 2. (2012). *Fundamentals of Water Polo* (Book 2 ed.). Raleigh, North Carolina: Lulu.com.
- 3. Joyce, D., & Lewindon, D. (2014). *High Performance Training for Sports* (First ed.). Champagne, Illinois: Human Kinetics.
- 4. Balline, Gareth (2012). *Water Polo Basics: All About Water Polo*. : CreateSpace Independent Publishing Platform.
- 5. NCAA. [Water Polo Rules and Interpretations - 2014-2016](#). NCAA , 2014.
- 6. FINA . [Water Polo Rules 2013-2017](#). FINA , 2013.

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

- A. Competitive swim suit
- B. Goggles
- C. Swim Cap