

Las Positas College  
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## Course Outline for KIN DV1

### SPRINGBOARD DIVING

Effective: Fall 2019

#### I. CATALOG DESCRIPTION:

KIN DV1 — SPRINGBOARD DIVING — 1.00 - 2.00 units

This course is designed to give students an introduction into the sport of Springboard Diving. Instruction will include 1 meter and 3 meter springboards, and the 5 types of dives (forward, backward, reverse, inward, twisting).

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SW1 - Swimming 1  
 with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

	<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. KINSW1

1. Describe and apply aquatic safety methods, including drown-proofing technique
2. Demonstrate competency of beginning level swimmers, including floating skills, and comfort in the water;
3. Perform fundamental entries into the water, shallow and deep.

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate appropriate approach, hurdle, and takeoff for a forward dive.
- B. Explain the four dive positions.
- C. Identify entries into the water
- D. Name the five types of dives.
- E. Organize a six dive list.
- F. Judge and score individual diving attempts

#### V. CONTENT:

- A. Introduction
- B. Body Alignment
- C. Takeoffs
  1. Arm swing
  2. Hurdle
- D. Entries
  1. Head first
  2. Feet first
- E. Somersaults
- F. Understanding the five Types of dives
  1. Forward
  2. Reverse
  3. Inward
  4. Backward
  5. Twisting
- G. Positions of dives
  1. Straight
  2. Pike

- 3. Tuck
- 4. Free
- H. Skill and Dive Progressions
  - 1. Six dive list
  - 2. Eleven dive list
- I. Judging and scoring
  - 1. Terminology
  - 2. Criteria

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Video of skills to be performed. Video recording and playback for student to learn.
- B. **Demonstration** - Demonstration of skills to be performed
- C. Participation

VII. TYPICAL ASSIGNMENTS:

- A. Learn the approach, hurdle, takeoff for forward and reverse dives
- B. Describe the five different dives
- C. Compose a six dive list and bring to class
- D. Perform a six dive list

VIII. EVALUATION:

**Methods/Frequency**

- A. Class Participation
  - Assessed daily.
- B. Final Performance
  - One time per semester.

IX. TYPICAL TEXTS:

- 1. Scaglia, Beatriz (2011). *Riding the Board: The Sport of Diving*. : Webster's Digital Services.
- 2. National Collegiate Athletic Association (2011). *2012-2013 NCAA Men's and Women's Swimming and Diving Rules*. : NCAA.

X. OTHER MATERIALS REQUIRED OF STUDENTS: